

super Food Ideas

*Everyday
healthy*

**10 SUPERHERO
INGREDIENTS**
*PSST: THEY'RE ALREADY
IN YOUR FRIDGE!*

Lighten up Thai
**YOUR FAVOURITE
TAKEAWAY GETS
A GOOD-FOR-YOU
MAKEOVER**

the new lasagne:
**VEGIE-PACKED
TWIST ON A
CLASSIC DISH**
PAGE 16

**6 super-cute
meringues even
an egg-free version!**

**LITTLE MERINGUE
KISSES p86**

**EGG-FREE MERINGUE
STACKS p88**

**BARBECUED GREEN CURRY
BEEF SKEWERS p76**

33

**better-for-them
meals your family will love**

420
recipes & tips!



We love biscuits



contents

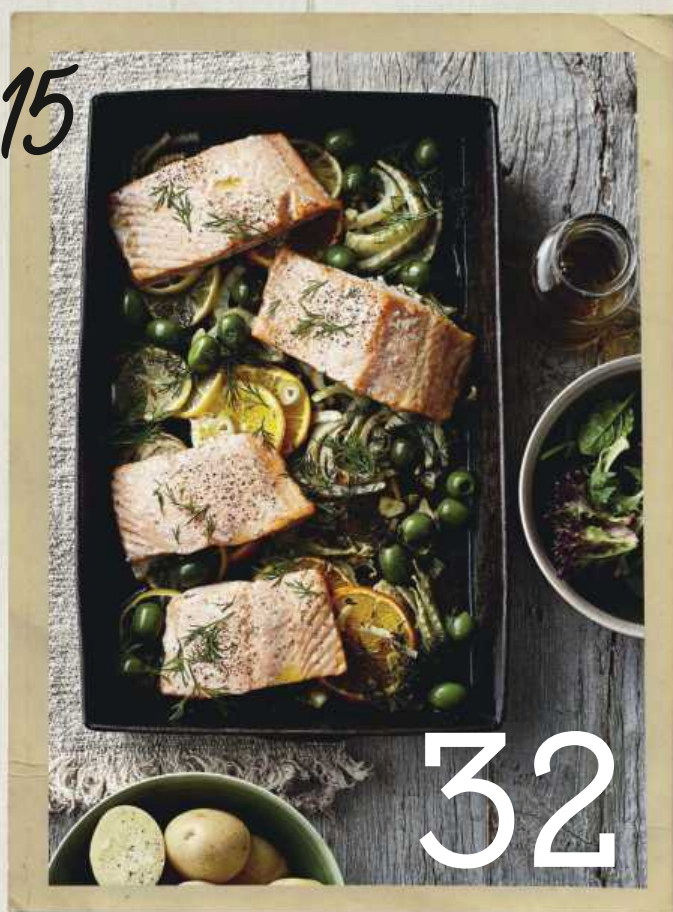
September 2015

On the cover

- 22 **10 SUPERHERO INGREDIENTS**
- 70 **LIGHTEN UP THAI - YOUR FAVOURITE TAKEAWAY GETS A GOOD-FOR-YOU MAKEOVER**
- 16 **COVER RECIPE: THE NEW LASAGNE**
- 80 **6 SUPER-CUTE MERINGUES, EVEN AN EGG-FREE VERSION**

Up front

- 6 **THIS MONTH**
A note from our editor on healthy eating.
- 8 **YOUR FOOD IDEAS**
Have your say! Write, email, comment, tweet or tag us, and you could win a prize.
- 10 **TEST KITCHEN TIPS AND TRICKS**
A behind-the-scenes peek into what we've been cooking, plus meringue dos and don'ts.
- 12 **OUR RECIPES...**
Check out the index of all the delicious dishes hitting your family dinner table this month.
- 14 **HEALTHY KITCHEN**
The new healthy eating pyramid, nutrition know-how and better-for-you recipes.
- 15 **THIS MONTH'S BEST**
Asparagus, artichoke, papaya, English spinach and rockmelon; here's all the seasonal information you need to know.
- 16 **COVER RECIPE**
Kim's veggie-packed take on lasagne removes all the hard bits from this classic dish while improving the nutrition as well!
- 18 **SMART SHOPPER**
Want to eat healthily but you're on a budget? Our readers tell us how they do it, plus expert tips.
- 20 **SUPER SPY**
Keep up to date with what the team has tried, tasted and loved this month.
- 21 **SHELF TALK**
Creamy and dreamy, here's a round up of our favourite Greek-style yoghurts.
- 22 **TOP 10 SUPERMARKET SUPERFOODS**
No need to make a trip to a healthy food store for unfamiliar foods. These ingredients are probably already in your fridge and pantry.



Kim says:

I wanted to cook a recipe that pushed all the right buttons – easy, healthy, familiar but with a twist – and could go on the midweek meal repertoire.

RECIPE Kim Coverdale
PHOTOGRAPHY Craig Wall
STYLING Kirsten Jenkins
FOOD PREP Amira Georgy





87



46



77



88

Don't forget!
OUR OCTOBER 2015
ISSUE HITS STANDS
SEPTEMBER 10
(AUSTRALIA)

Missed any of our issues?
You can easily download past
issues from May 2011 onwards,
for \$2.49 on iTunes. Visit
appstore.com/superfoodideas

Weeknight cooking

35 MAIN OF THE MONTH

A 20-minute tuna, bean and zucchini salad.

36 FEEL-GOOD MIDWEEK MEALS

Simple, fresh and filling; our meals make it easy to be healthy and feel good without missing out.

46 SMOOTH GROOVES

Forks down! These smoothies and juices are so good, you'll get through them in one slurp!

48 BEST DRESSED

Creamy and citrusy; this is your new fave dressing.

51 EASY AS 1, 2, 3

Cook dinner without even going to the shops!

55 A BIT ON THE SIDE

Crushed, chopped or whole, garlic adds flavour and nutritional value to these sides.

60 FLAVOUR OF THE MONTH

Learn about the 'avo, then use it to make bread, a spicy soup or a salmon pasta.

66 HOME COOK HERO

This easy side goes well with... anything!

Weekend cooking

69 FRIDAY NIGHT COOKING

An Asian-inspired dish to kick off the weekend.

70 THAI FOOD MADE LIGHT

We've made your favourite takeaway better for you so you can enjoy it guilt free!

80 PEAK FORM

Meringues get a fun and fanciful makeover.

88 EGG-FREE MERINGUE

Don't think it's possible? Here's the proof!

90 CUTE AS!

Made from cake and buttercream, these are the type of sandwiches you'll want for lunch.

92 PARTY CAKE

The kids' will pounce on this Fergus the Fox Cake as soon as you bring it into the lair.

94 GRANDPA'S KITCHEN

A tale of family fishing and a recipe for fish cakes.

Regulars and competitions

8 WRITE IN AND WIN!

67 WIN \$1000 AND SEE YOUR RECIPE PUBLISHED IN OUR MAGAZINE

68 SUBSCRIPTION OFFER

96 SUPERSHELF

98 PUZZLES

From a
CROWD-PLEASING PIE
to
NONNA'S FAMOUS
LASAGNE



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PYROMAX. GLASS BAKEWARE. AVAILABLE NOW.

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FAD-FREE ZONE

With everything else going on in our busy lives, making the right nutritional decisions hasn't been easy - until now



At *Super Food Ideas* central, we believe the hard way to get healthy is to deny yourself. We're not here to tell you 'don't eat gluten', or 'eat like a cave-lady', instead we want to help you make simple choices that make you feel good and are also good for you.

Take our cover recipe, p16. Pretty much everyone I've ever met loves

lasagne (including me), but here's what we don't like about it: making white sauce, messing around with the layers, and feeling a twinge of guilt 'cos we know it's not that good for us. Our 'new' lasagne doesn't have any of those issues. No white sauce, no layering, and it's packed with vegies and is much lower in saturated fat than the classic version. Instead of saying 'don't eat lasagne', we're encouraging you to! No denial here.

You'll find lots of other recipes throughout this issue that are based on the same principles. They have lots more vegies, less salt and lots of deliciousness. All our midweek meals, p36, avoid processed food so you're more in control of what you're putting in your meals and your bodies. Just make sure you don't deny yourself!

Rebecca

REBECCA COX, EDITOR



"WHEN WE HEARD ABOUT THESE EGG-FREE MERINGUES WE HAD TO TEST THEM!"

We're excited about:

- #1** Egg-free meringues, p88! We couldn't believe it when we heard about them (and what they're made of) but they taste like the real deal.
- #2** Using garlic, one of our go-to ingredients, in all our side dishes (p55). Plus it's good for you (helps slow the growth of harmful bacteria.)
- #3** Editorial coordinator Mike's grandfather's fish cakes (p94). Seeing pics of Mike on his grandfather's boat filled our hearts with joy.

get in touch



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SUPERFOODS?

- ✚ The idea for the up-front story - Top 10 Supermarket Superfoods, p22 - was to celebrate the underrated foods we're already cooking and eating.
- ✚ We chose 10 naturally healthy ingredients, explained why they're good and created recipes around them.
- ✚ So much emphasis is put on buying expensive special powders and potions, and following fad diets that we're in danger of being bamboozled by all of it! Hopefully, we've made it easier for you.



AS GOOD AS IT LOOKS:
BRAZIL-NUT CRUSTED CHICKEN
WITH ROASTED TOMATOES IS
FULL OF NATURALLY HEALTHY
INGREDIENTS

pg 24

We thought we'd make it official! Look out for our new Tested and Trusted logo on features. They're tested by us, so you can trust our recipes work.



The Health Star Rating. The more stars, the healthier the choice. Simple.



Choosing healthier food is getting easier with the introduction of Health Star Ratings on the front of many packaged foods.

Ranging from ½ to 5 stars, Health Stars help you make healthier choices at a glance.

The number of stars is based on energy, nutrients such as saturated fat, sugars, sodium and protein, and the fruit and vegetable content.

To find out more, visit www.healthstarrating.gov.au

The Health Star Rating

A joint Australian, State and Territory governments initiative in partnership with industry, public health and consumer groups.



**The more stars,
the healthier.**

**"THE PANCAKES WERE
AN ABSOLUTE HIT!"**



@ The comeback kid

Enticed by the front cover of the July issue, I purchased my first *Super Food Ideas* magazine in quite some time and my family is very pleased that I did! The first recipe I made was the Blueberry and Custard Pancakes with Caramel Sauce (July, p18). They were an absolute hit! With many other recipes circled on the picture index page I need to get cooking!
Sandra and Mark Jones, via email

@ SKILLS AND THRILLS

I have bought your magazine for six months or so and have recently become a subscriber. I've cooked so many recipes and have really broadened my cooking skills. My family love all of the yummy things I'm cooking – even my 13 year old has stopped complaining and eats all of the meals I put in front of him. We're eating lots more vegies and have cut down on wheat. I'm constantly bragging at work about all the nice things I cook from your magazine. No more boring meals for us. You've changed our lives!
Tenielle Starkey, via email

your food ideas

Like something? Hate something?
Cooked something? Took a picture of it?
We love all your feedback!



@ Slow cooker to the rescue!

We have a one week old, and my wife and I have been struggling to get dinner sorted with the little guy taking up most of our time. The slow-cooker recipes in the July issue saved us from pre-prepared frozen meals! I can cook my wife a nutritious meal – even without a BBQ!
Joe Dibiasi, via email

get in touch



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superfoodideas@news.com.au



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Did you miss any of these recipes?



Whether it was the Easy Butter Chicken Rice Pie from July 2013 or the Choc-chip Banana Bread from February 2014, everyone has a favourite *Super Food Ideas* recipe. And now it's easy to download past issues and relive your favourite meals.

**ONLY
\$2.49**

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onwards, for only \$2.49 on iTunes.
Visit appstore.com/superfoodideas.

Write in and win:

Write to us at SFI/Readers' Letters, Level 1, Locked Bag 5030, Alexandria NSW 2015, or email us at superfoodideas@news.com.au. Letters may be edited. This month's readers receive a **Panasonic three-in-one Stick Blender MX-SS1, valued at \$99.**

Entries open 13/8/15 and close 9/9/15. Australian residents only. Winners selected 16/9/15 at NewsLifeMedia. Total prize pool valued at \$297. For full terms and conditions, visit superfoodideas.com.au. For the NewsLifeMedia Privacy Policy, see p98.



super Food Ideas

Editor Rebecca Cox, rebecca.cox@news.com.au
Food Director Kim Coverdale, kim.coverdale@news.com.au
Deputy Food Editor Claire Brookman, claire.brookman@news.com.au
Art Director Sarah Cooper, sarah.cooper@news.com.au
Senior Designer Brydie Noonan, brydie.noonan@news.com.au
Chief Sub-editor Raffaella Pugliese, raffaella.pugliese@news.com.au
Sub-editor Rosalie Gordon, rosalie.gordon@news.com.au
Recipe Analysis Susanna Holt
Reader & editorial enquiries Michael Askey-Doran, Ph: (02) 8045 4891, superfoodideas@news.com.au

Advertising sales

National Sales Director Paul Blackburn, paul.blackburn@news.com.au

New South Wales

Group Sales Directors

Belinda Miller Ph: (02) 8045 4651, belinda.miller@news.com.au
Rachael Delalande Ph: (02) 8045 4657, rachael.delalande@news.com.au
Sam Tomlinson Ph: (02) 8045 4676, sam.tomlinson@news.com.au

Victoria

Vic Sales Director

Kim Carollo Ph: (03) 9292 3204, kim.carollo@news.com.au
Group Sales Directors
Sally Paterson Ph: (03) 9292 3217, sally.paterson@news.com.au
Astrid White Ph: (03) 9292 3222, astrid.white@news.com.au
Karen Clements Ph: (03) 9292 3202, karen.clements@news.com.au

Queensland

Qld, SA & WA Sales Director Rose Wegner
 Ph: (07) 3666 6903, rose.wegner@news.com.au

Advertising Creative

Advertising Creative Director Richard McAuliffe
Advertising Creative Manager Zoe Tack
Advertising Copy Editor Brooke Lewis
Advertising Copy Editor Celeste Maddocks

Brand Strategy

Director of Brand Strategy Dennis Michael
Head of Sales and Strategy Food Donna Hodges
Group Business Manager Jane Purves, Ph: (02) 8045 4740, jane.purves@news.com.au
Brand Strategy Executive Angela Apostolakis
 Ph: (02) 8045 4744, angela.apostolakis@news.com.au
Asia Advertising Kim Kenchington, MediaWorks Asia, Ph: (852) 2886 1106

Production Director Mark Moes
Production Manager Neridah Burke
Advertising Production Galina Karavaev, galina.karavaev@news.com.au

Marketing Manager Dylan Edwards
Junior Brand Manager Alyssa Piva
Product Manager – Digital Editions Danielle Stevenson

Chief Executive Officer Nicole Sheffield
Group Publisher – Food Fiona Nilsson
Commercial Director Sev Celik
General Manager – Retail and Circulation Brett Willis



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Phone Customer Service: 1300 656 933
 International: (+61 2) 9282 8023
Mail GPO Box 4093, Sydney NSW 2001
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NEXT MONTH

It's our annual kids' party issue! Every year, this much-anticipated issue amazes and inspires with our clever covers, easy recipes and fun ideas!

Look out for:

✚ The sleight of hand in our magic-themed kids' party will amaze with a 'rabbit in a hat' cake, a wand bar and surprise-inside biscuits.

✚ It's not all for kids. Celebrate Octoberfest with schnitzel, potato salad, coleslaw and black forest cake if you've still got room.

✚ Looking for savoury ideas? How about 10 meatball recipes; from smart appetisers to filling mains, you'll have a ball making them!



tips and tricks from the TEST KITCHEN



Kim says: A masterclass on meringues, what the team has snapped this month and our test kitchen wish list



**CHECK OUT KIM'S MERINGUE
RECIPES STARTING ON PAGE 80**

MASTERCLASS

Whip up meringues with ease with these tips and the whys and why-nots.

+ TIP If you can, avoid making meringues on humid or wet days.

WHY The sugar in the egg white mixture absorbs moisture from the air, causing meringues to weep, crack and collapse.

+ TIP Use eggs at room temperature.

WHY Eggs at room temperature hold more air than chilled ones when whisking.

+ TIP Break eggs into a small bowl before transferring to the mixing bowl.

WHY The smallest fleck of yolk can cause beaten egg white to deflate. Break eggs separately so you don't spoil the whole batch if yolk lands in the white.

+ TIP Use a clean and dry metal, ceramic or glass bowl.

WHY Plastic bowls can retain fat residue from previous uses, which may stop air incorporating into the egg whites.

HAPPY SNAPPING



1 Our art director, Sarah, and her family visited Bilpin and of course did a spot of apple picking along the way. Her daughter Tilly really is the apple of our eye!



2 Rosie, our sub-editor, has cooked the Tortellini Minestrone, p32, from the June issue so many times she now knows the recipe off by heart!



3 We were lucky enough to be treated to a lunch amongst the olive trees at Boundary Bend, one of Cobram Estate's olive grove locations. Talk about table-to-tree service!



4 We'll have what she's having! Brydie, our senior designer, is the brunch queen, and from the look of this scrumptious sambo, she clearly knows what to pick!



5 The best thing about developing recipes is that you occasionally get dinner done at the same time. Claire, our deputy food editor, tested the Super-greens Frittata (p26) from this issue and then had it for tea.

Need it, want it! Check out the products we're dreaming to add to our test kitchen

This adorable and functional Umbra briefcase grater, \$39.95, has a built-in container to catch grated cheese or vegies and a measuring unit on the side. Visit hardtofind.com.au.

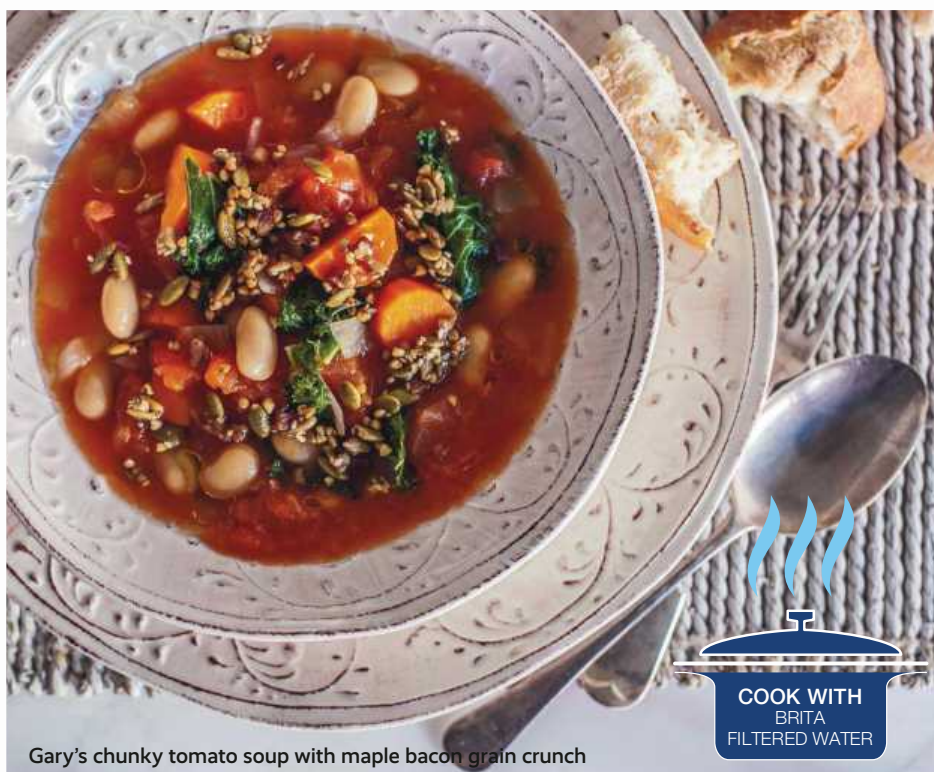


Take these reusable, washable produce bags, from Upcycle Studio, to the supermarket so you don't have to use plastic bags. Simply transfer to the crisper when you get home – \$19 for five. Visit dtll.com.au.



We love the idea of customising the temperature in our fridge! Want a whole lot of cold drinks for a party? There's a setting for that in the LG CustomChill Drawer! Visit lg.com.au.





Gary's chunky tomato soup with maple bacon grain crunch

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"Quality recipes require quality ingredients – that's why my cooking is better with Brita"

GARY MEHIGAN

For the recipe pictured and more of Gary's delicious recipes, visit betterwithbrita.com

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OUR RECIPES...

With lots of healthy everyday meals, as well as a few sweet treats, you and your family can eat well and still enjoy all the good things in life

SIDES, STARTERS, SALADS & SNACKS



Avocado Cornbread



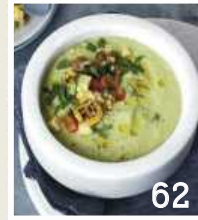
Broccolini and Mushroom Salad



Broccoli with Crunchy Garlic Sourdough Crumbs



Chicken and Prawn 'Moneybag' Meatballs



Chilled Colombian Avocado Soup



Coconut and Peanut Prawns



Creamy Garlic Mash



Crispy Garlic-topped Cumin and Spinach Pilaf



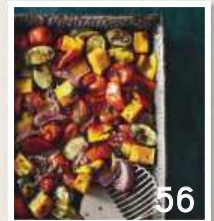
Garlic and Herb Mushrooms



Roasted Vegetable Salad



Sticky Pork Bundles

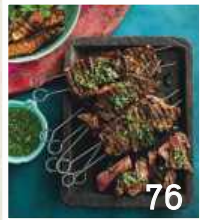


Vegetable Tray Bake with Roasted Garlic Dressing

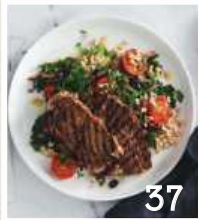
BEEF, PORK & LAMB



Asparagus and Ham Filo Pie with Salsa Verde



Barbecued Green Curry Beef Skewers with Tamarind Eggplant



Barbecued Lamb with Warm Barley and Kale Salad



Beef Nasi Goreng



Spiced Beef Pilaf Stuffed Capsicum



Spring Meatball Minestrone

CHICKEN



Chicken and Tofu Pad Thai



Chicken and Vegetable Rice Paper Rolls



Chicken Gado Gado Salad



Chicken, Mint and Pea Frittata



Spinach and tomatoes make this a super meal!

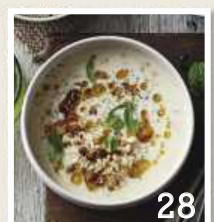
Brazil Nut-crusted Chicken with Roasted Tomatoes



Spaghetti with Chicken and Broccoli Almond Pesto



Thai Chicken Skewers with Peanut Sauce



Turkish Rice and Lentil Yoghurt Soup with Dukkah Oil



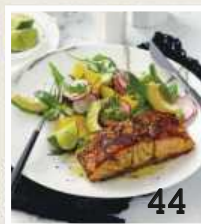
FISH & SEAFOOD



Avocado Pesto Pasta with Hot-smoked Salmon



Chilli Prawn and Zoodle Stir-fry



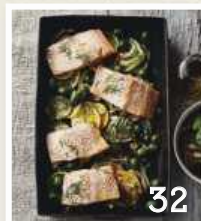
Fennel and Chilli-crusted Fish with Avocado and Orange Salad



Paprika Prawn Skewers with Avocado Cauliflower Mash



Peter's Fish Cakes



Roasted Salmon with Fennel, Citrus and Olives



Salmon with Spinach and Edamame Rice



Spicy Fish Curry



Tuna, Bean and Grilled Zucchini Salad

VEGETARIAN



Quinoa and Roasted Vegetables with Tahini Dressing



Super-greens Frittata

SWEETS



Choc-dipped Meringue Bites



Egg-free Meringue Stacks



Fergus the Fox Cake



Fruit with Lime and Chilli Dipping Salt



Giant Turkish Delight Marshmallow Meringues



Little Meringue Kisses



Marbled Mocha Meringues



'Surprise Inside' Jaffa Meringue Cones



Triangle Sandwich Cakes

COVER RECIPE

It's easier to prepare and better for you, but the 'new' lasagne is still as cheesy and delicious as the real deal.

Cheesy Stuffed Pasta Shell Bolognese Bake

SOMETHING EXTRA



Chocolate Fix Smoothie



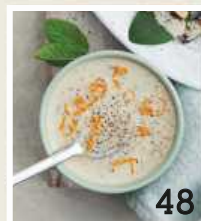
Citrus Circus Juice



Green Smoothie



Lemongrass, Ginger and Lime Crush



Orange, Tahini and Mint Dressing



Power Punch Juice

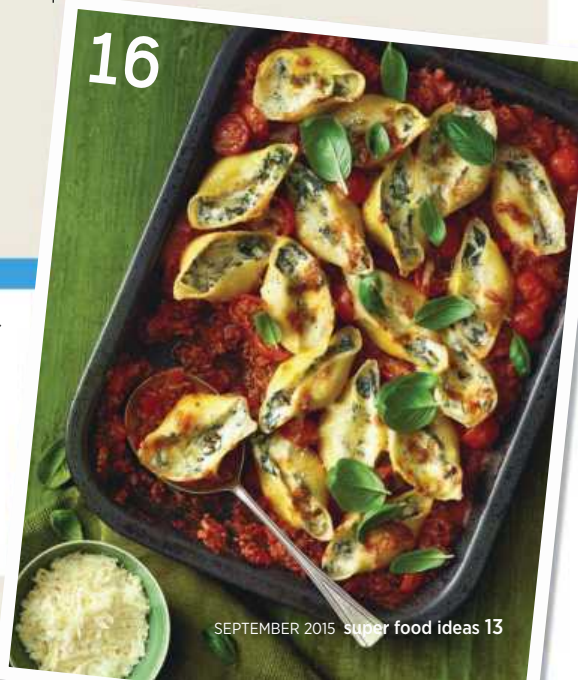


Sweet Chilli Dipping Sauce



Tropical Beats Smoothie

16



Healthy kitchen



Claire says: We're all about variety when it comes to healthy eating – and so is the latest Australian nutrition pyramid – while we're always open to smarter new ways to keep our food safe



**BARBECUED LAMB
WITH WARM BARLEY
AND KALE SALAD**

pg 37



**QUINOA AND ROASTED
VEGETABLES WITH
TAHINI DRESSING**

pg 41



**SPICED BEEF PILAF
STUFFED CAPSICUM**

pg 38



**CHILLI PRAWN AND
ZOODLE STIR-FRY**

pg 44

Pyramid power

If celeb diets have left you confused about good nutrition, the new-look Healthy Eating Pyramid tells it like it is. Based on the latest health guidelines, it gives us a snapshot of the five food groups we should aim to eat daily – with a few new entries (spot the quinoa). Our Feel-good Midweek Meals feature, p36, toes the line. These four recipes are an easy (and delicious) way to eat a healthy, balanced diet with lots of variety.



**NUTRITION AUSTRALIA HAS
UPDATED ITS FAMOUS FOOD PYRAMID
TO HELP US EAT BETTER**

DOOR-TO-DOOR SERVICE As the weather warms up, we need to take extra care with food safety. The LG Door-in-Door French Door fridge has a dual-access panel so you can grab frequently used items without opening the whole fridge – that means less cold air escapes. Genius!



Recipe know-how:

- + We use Australian standard measures.
- + In liquid measures, 250ml = 1 cup.
- + Dry ingredients are measured in level 1 cup, ½ cup, ⅓ cup and ¼ cup measures.
- + 1 tablespoon = 20ml (note NZ, US and UK tablespoon = 15ml).
- + 1 teaspoon = 5ml.
- + We use 59g to 60g eggs.
- + We use 1100 watt microwaves, unless otherwise specified.

Nutrition know-how:

- + **GLUTEN-FREE** contains no wheat, oats, rye or barley.
- + **HEART FRIENDLY** low-saturated fat, high fibre, lower sodium with heart-friendly fats.
- + **DIABETES FRIENDLY** low-saturated fat, high fibre (not for desserts), lower sodium with lower-GI carbs.
- + **LOWER GI** contains foods with slowly digesting carbohydrate(s), which produce a lower rise in your blood sugar level.
- + **HEALTHY** saturated fat must be < 6g; sodium < 800mg kilojoules < 3000kJ.
- + **HIGH FIBRE** contains > 5g of fibre per main meal.

	LOW FAT	LOW SAT FAT	LOWER SODIUM	LOW KILOJOULE
Main meal	< 15g	< 6g	< 600mg	< 2000kJ
Side dish	< 8g	< 3g	< 400mg	< 1000kJ
Light meal	< 10g	< 4g	< 400mg	< 1500kJ
Snack/dessert	< 5g	< 2g	< 200mg	< 600kJ

Tags:

- + Look out for THE INFO tag on recipes to find nutrition information and costings.

THE INFO

- + **LOW SODIUM**
- + **HIGH FIBRE**



To serve and protect

Our 'to serve' suggestions are based on the following amounts for four people.

RICE = 4 cups cooked rice
PASTA = 375g uncooked dried pasta
COUSCOUS = 3 cups cooked couscous made with water
MASHED POTATO = 800g peeled and boiled desiree potatoes, 20g butter and 2 tablespoons full-fat milk
BREAD = 4 x 50g slices crusty white bread or 4 x 70g slices sourdough bread
PARMESAN CHEESE = ⅓ cup finely grated
SALAD LEAVES, BABY ROCKET OR BABY SPINACH = 80g
SOUR CREAM = ⅓ cup
LEMON OR LIME WEDGES = 1, cut into wedges
TOMATO SAUCE, BARBECUE SAUCE OR SWEET CHILLI SAUCE = ⅓ cup
GRAVY = 1 cup instant gravy
PLAIN GREEK-STYLE YOGHURT = ⅓ cup
DOUBLE CREAM = ⅓ cup
WHIPPED CREAM = ½ cup pure cream, whipped
CUSTARD = 1 cup
CHOCOLATE CURLS OR GRATED CHOCOLATE = 40g
ICE-CREAM = 4 x 45g scoops vanilla ice-cream

Email questions about our recipes to superfoodideas@news.com.au

ENGLISH SPINACH

ASPARAGUS

PAPAYA

GLOBE ARTICHOKE

ROCKMELON

In Season THIS MONTH'S BEST

English spinach This leafy green is packed with nutrients, such as vitamins C and A, and potassium. Select leaves that are bright and tender without any wilting.

PERFECT PARTNERS Fish, beef, garlic, butter, olive oil, lentils, bacon, ricotta, fetta.

QUICK IDEA For a double-dip worthy appetiser, blanch, drain and rinse spinach under cold water. Squeeze out all the water you can, then chop and process with cream cheese, fetta, garlic and lemon.

Papaya Ripe papaya has an elongated shape and a sweet dark orange flesh, not to be confused with the larger yellow pawpaw. Unripe papaya, which has a green skin with firm green flesh, is often used in Asian salads.

PERFECT PARTNERS Coconut, chilli, lime, chicken, pork, white fish, prawns, coriander, mint, pineapple, passionfruit.

QUICK IDEA Combine chopped papaya, pineapple, coriander, chilli, lime and sesame oil, and serve as a salsa on grilled pork or fish.

Globe artichoke The succulent base of the petals and tender heart of this striking vegetable are edible, unlike the tougher central choke and outer leaves.

Preparing artichokes can be a labour of love, but it's worth the effort.

PERFECT PARTNERS Tomato, basil, white wine, vinegar, capers, chicken, garlic, olives.

QUICK IDEA Boil artichoke hearts until tender. Toss with crispy pancetta, capers, cherry tomatoes, lemon and olive oil.

Asparagus The green variety is available year round, while the white and purple ones are on the shelves in peak season. They're wonderful stir-fried, grilled or steamed and served with parmesan.

PERFECT PARTNERS Eggs, hollandaise, dill, prosciutto, cream, tarragon, soy sauce, sesame, chilli, lemon, parmesan, nuts.

QUICK IDEA Dip asparagus in flour, then egg and panko breadcrumbs, and fry until golden. Serve with a lemon mayonnaise.

Rockmelon This sweet, moist fruit is packed with vitamin C. Select fragrant melons with prominent netting on the rind.

PERFECT PARTNERS Prosciutto, honey, blueberries, basil, mint, fetta, prawns, lime.

QUICK IDEA Combine rockmelon, cooked prawns, mint leaves, torn prosciutto and fetta. Serve with a chilli and lime dressing. ■

THE NEW LASAGNE



Kim says: It's still cheesy and a real crowd pleaser, but the new lasagne – made with pasta shells – is easier to prepare, serve and, of course, eat!

CHEESY STUFFED PASTA SHELL BOLOGNESE BAKE

SERVES 6

PREP 25 MINUTES (PLUS STANDING)

COOK 55 MINUTES

2 tablespoons extra virgin olive oil
1 red onion, chopped
2 shortcut bacon rashers, finely chopped
1 red capsicum, finely chopped
1 zucchini, grated
1 carrot, grated
1 tablespoon chopped fresh oregano
2 garlic cloves, crushed
500g lean beef mince
700g jar tomato passata
½ cup chopped fresh basil, plus extra leaves to serve
24 dried conchiglioni pasta shells (jumbo shell pasta, see Kim's tip)
150g baby spinach
500g smooth light ricotta
½ cup finely grated parmesan
250g punnet cherry tomatoes, halved
½ cup grated mozzarella
Crusty bread and salad leaves, to serve

1 Heat ½ the oil in a large, deep frying pan over medium-high heat. Add onion, bacon and capsicum. Cook, stirring occasionally, for 5 minutes or until onion has softened and bacon is golden. Add zucchini and carrot. Cook, stirring, for 5 to 6 minutes or until vegetables are tender. Add oregano and garlic. Cook for 1 minute or until fragrant. Transfer to a heatproof bowl.
2 Heat remaining oil in pan. Add mince. Cook, stirring with a wooden spoon to break up lumps, for 5 to 6 minutes or until browned. Return vegetable mixture to pan. Stir to combine. Add passata and ½ cup water. Season with salt and pepper. Bring

to the boil. Reduce heat to low. Simmer for 10 minutes or until bolognese thickens. Stir in ½ the basil.

3 Meanwhile, cook pasta following packet directions. Using a slotted spoon, transfer to a colander. Rinse under cold water. Drain well. Transfer to a bowl. Add spinach to boiling water. Cook for 2 minutes or until just wilted. Drain. Refresh under cold water. Drain well. Roughly chop.

4 Preheat oven to 220°C/200°C fan-forced. Spoon bolognese into a 4cm-deep, 21cm x 28cm (10-cup-capacity) roasting pan.

5 Combine ricotta, spinach, remaining basil and ½ the parmesan in a bowl. Season well with salt and pepper. Spoon mixture into pasta shells. Place pasta shells on top of bolognese, filling-side up, pushing into bolognese to secure. Arrange tomato around shells in pan. Sprinkle with remaining parmesan and mozzarella.

6 Bake for 20 to 25 minutes or until cheese is melted and golden. Stand for 5 minutes. Sprinkle with extra basil leaves. Serve with bread and salad leaves.

NUTRITION: (per serve) 2904kJ; 25.5g fat; 11.2g sat fat; 46.4g protein; 66.5g carbs; 8.8g fibre; 63mg chol; 844mg sodium. ■

Kim says:

+ You can find conchiglioni pasta shells at delis and large greengrocers.
+ If pasta shells are unavailable, you can use fresh cannelloni sheets. Cut them in half crossways and roll up halves with ricotta filling inside. Before sprinkling with cheese, spoon a little of the bolognese over the pasta so it doesn't dry out during cooking. Cook, covered, until pasta is tender. Cook, uncovered, until browned.

CHEESY STUFFED
PASTA SHELL
BOLOGNESE BAKE

THE INFO

+ CLASSIC MAKEOVER
+ HIGH FIBRE
+ KID FRIENDLY

\$4.25
PER SERVE

3.5
SERVES OF
VEGIES



smart SHOPPER

Shop better and save money each month with the best (and smartest) tips from readers and experts

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Healthy eating on a shoestring

Shopping on a budget doesn't mean you can't eat healthy foods. Try these ideas for better-for-you options that save money, too.

1 SHOP THE SEASON

Buy fruit and vegetables in season. They're at their peak nutritionally and also cheap. Freeze excess vegetables yourself (look online for how-to information), just don't forget to use them otherwise you're not saving anything!

2 BEAN THERE

Dried and canned beans and legumes are great sources of protein and can be used to bulk up dishes such as chilli con carne and bolognese. They're also good for you (see p28 for more)! Add a dinner based on them to your weekly repertoire and your wallet and waistline will thank you!

3 GOLD STAR

Try to limit prepared meals and snacks. They're often loaded with added salt and sugar, and cost more because of the convenience. If you do buy these products, check out their Health Star Rating so you make the better choice.

4 PAY PER YOU

Generally you pay more for convenience – don't buy bagged salad greens or pre-cut vegies. You usually have to invest a bit of time to save dollars, but you'll notice the difference in your bank account! Make your own muesli, tomato pasta sauces and even dips and crackers when you're having people over. Plus, when you make it yourself, you can reduce the amount of sugar, salt and fat compared to bought items.

5 SPICE UP YOUR LIFE

Spices add flavour without adding cost or nutritional nasties. If you can head to an Indian grocer or a bulk-buy store, you can find them at a fraction of the price. Indian and Mexican cuisines use them liberally and you can make your own mixes instead of pre-bought ones that are usually loaded with sodium. Both cuisines use inexpensive rice and beans to bulk out meals, too.

We asked our friends on Facebook how they make healthy choices while staying on budget!

✚ "I order my fruit, meat and vegies from an independent business that deals directly with the suppliers. I only go to the supermarket for the basics now and have halved my grocery bill." **Kerry Cooke**

✚ "We have six vegetable beds and grow lots of vegies and herbs. Cooking from scratch takes time and effort, but for us, it's the biggest money saver." **Sue Chadeayne**

✚ "Since I started meal planning, I only buy the quantity I need and we have actually saved money. We plan for five nights and have the previous night's dinner for lunch the next day." **Dominique Wheeler**

✚ "If you're sensible and buy the in-season fruit and vegies, and cheaper meat cuts, there is no reason healthy eating has to be more expensive." **Kimberly Matthews**

✚ "Buy fresh – it's better to cook from fresh than to eat stuff you know is full of chemicals. Cooking is a pleasure, not a race, so enjoy doing it yourself!" **Marilyn Potter**



Rachel Clemons,
investigative journalist
at CHOICE magazine

Expert advice:

"The Health Star Rating systems aren't the be-all and end-all of healthy eating. However, they can certainly help you make healthier choices, particularly when faced with a range of similar-looking products making a range of appealing nutrient claims."



PLAYING WITH YOUR
FOOD SHOULDN'T HAVE
AN AGE LIMIT.

Eat life up!

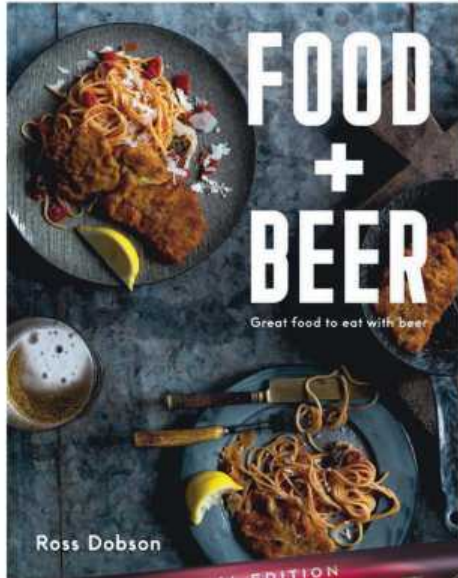
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SUPER SPY

The latest on what the team's eating, buying and loving this month

1



2

1 Side by side

Two loves in one – can a Father's Day gift be anymore perfect? Filled with Friday-night-footy recipes, as well as dishes that are a little bit more fancy, **Food + Beer** (\$45, Murdoch Books) by Ross Dobson will make your dad one happy man (and maybe a little hungry, too).

2 Snack time

Savoury snacks that are also better for you are few and far between – until now. Be Natural **Moroccan Spice Dry Roasted Chickpeas**, \$4.99 for a five pack, are puffed in hot air and then lightly coated in sunflower oil and seasoning, so they have less than 100 calories per serve! Also available in a Thai sweet chilli dry roasted fava beans flavour, you can find them at Woolworths.

3 More to love

We're all guilty of double dipping and it looks like Cadbury's oldest and most popular chocolate bar is guilty of it, too! **Cherry Ripe Double Dipped**, \$1.92, has the same cherry and coconut filling as the original bar but is double coated in Old Gold dark chocolate just to mess with our heads. Find the special edition bar at Coles, Woolworths, Big W and Target.

3



4



5



6

4 Straight to the table

When these **Heritage Desserts**, \$5.99, from Chris' came into the office we had to do a double take (and maybe a spoonful or two for good measure). Known for providing your nibbles rather than desserts, the new ready-to-serve treats come in reusable terracotta pots and also include individual garnishes to serve. Find the three flavours at Coles.

5 Aye, aye captain

These fish-shaped **Li'l Fishies**, \$5.60 from Birds Eye are similar to fish fingers and are coated in a crispy wholemeal crumb, but also have hidden vegies in them so fussy eaters don't suspect a thing. Serve them up to the kids and everything will be plain sailing with calm seas ahead. Available at Woolworths and Coles.

6 Raise your glass

If Dad counts himself as a bit of a joker, then this Davis & Waddell **Dapper Dandy Moustache Beer Glass**, \$9.99, is just the gift for him this Father's Day (along with his favourite six pack, of course!) However, if a bow tie, top hat or horseshoe moustache is more his style, you can find those as well at davisandwaddell.com.au.

shelf TALK

GREEK-STYLE YOGHURT

For breakfast or dessert, these are our top five Greek-style yoghurts

1 Jalna Pure Yoghourt with Fruit, \$3.07

Don't be put off by the wobbly appearance of this 200g pot-set yoghurt, as it needs a good mix to blend the raspberries at the bottom. Ideal for an on-the-go snack, the fruity addition adds flavour without taking over.



2 Lyttos Lite Greek Style Natural Yogurt, \$3.99 for 1kg

Despite being a light version, this yoghurt from Aldi is thick and creamy, and stable enough to cook with or stir through dishes. It's not as tangy as some, so it can be used in a range of dishes.



3 Tamar Valley Greek Style All Natural Yoghurt, \$6.92 for 1kg

This yoghurt has a tangy flavour and is our pick for savoury dishes. After a quick stir, the lumpy texture turns creamy and is perfect mixed through curries or used in dips.



4 Farmers Union Greek Style Natural Yogurt, \$6.92 for 1kg

Farmers Union has been making this creamy yoghurt since 1888, so you can trust they know what they're doing! It makes the perfect dollop on top of your morning muesli or apple crumble in the evening.



5 Danone Ultimate Greek Style Natural & Sweet Yoghurt, \$6.04 for 850g

If you're a newbie to Greek yoghurt, start with a sweetened kind such as this one – it has a mild tartness and slight sweetness.





TOP 10 *supermarket* SUPERFOODS



Claire says: Give your cooking a boost with these delicious, nutrient-dense dishes based on foods that are naturally healthy, easy to prepare and don't cost the earth!

SPINACH: HIGH IN VITAMIN C, FOLATE AND BETA-CAROTENE
TOMATOES: HIGH IN THE ANTIOXIDANT LYCOPENE

What makes it so good:

+ SPINACH This wonderful leafy green is loaded with vitamins, minerals and healthy plant compounds (phytochemicals), and comes in a low-cal package. Include more spinach in your meals for a good dose of vitamin C, folate and beta-carotene. It's also one of the best sources of lutein and zeaxanthin – two antioxidants that can help protect our eyes against macular degeneration.

+ TOMATOES Whether you call it a fruit or vegetable, the one thing that's certain about the versatile tomato is that it scores high points for good nutrition. Tomatoes are a rich source of lycopene – an antioxidant that may lower the risk of certain cancers when eaten as part of a healthy diet. Cooked tomato products, such as pasta sauce and tomato sauce, provide the most lycopene. This juicy salad favourite also provides plenty of potassium, some vitamin C, as well as dietary fibre, folate and other B vitamins.

BRAZIL NUT-CRUSTED CHICKEN WITH ROASTED TOMATOES

SERVES 4

PREP 20 MINUTES (PLUS REFRIGERATION AND STANDING)

COOK 1 HOUR 45 MINUTES

½ x 150g packet brazil nuts

1 garlic clove, crushed

2 tablespoons finely grated parmesan

1 teaspoon finely grated lemon rind

¼ cup plain Greek-style yoghurt

2 large (500g) chicken breast fillets

4 roma tomatoes, halved lengthways

4 vine-ripened tomatoes, halved crossways

240g cherry truss tomatoes

1 brown onion, halved, cut into thin wedges

4 sprigs fresh thyme, plus extra to serve

4 sprigs fresh oregano, plus extra to serve

¼ cup extra virgin olive oil

1 bunch English spinach, trimmed

Wholemeal sourdough bread, to serve

1 Place nuts in a food processor. Process until finely chopped. Combine nuts, garlic, parmesan and lemon rind on a plate. Season well with salt and pepper. Place yoghurt in a dish. Dip chicken in yoghurt, then coat in nut mixture, pressing to secure. Transfer to a plate. Cover. Refrigerate for 30 minutes.

2 Meanwhile, preheat oven to 160°C/140°C fan-forced. Place tomatoes and onion in a large roasting pan. Sprinkle with thyme and oregano. Drizzle with 2 tablespoons of the oil. Season with salt and pepper. Roast for 1 hour 30 minutes or until tomatoes are tender, adding spinach in the last 5 minutes of cooking. Remove from oven. Cover with foil.

3 Increase oven to 200°C/180°C fan-forced. Heat remaining oil in a frying pan over medium-high heat. Cook chicken for 3 minutes each side or until golden. Transfer to a baking paper-lined baking tray. Bake for 10 to 12 minutes or until chicken is cooked through. Stand for 5 minutes. Slice chicken and add to tomato mixture in pan. Sprinkle with extra thyme and oregano. Serve with bread.

NUTRITION: (per serve) 2678kJ; 33.1g fat; 7.2g sat fat; 42.6g protein; 37.1g carbs; 10.3g fibre; 80mg chol; 665mg sodium. >



BRAZIL NUT-CRUSTED
CHICKEN WITH
ROASTED TOMATOES

THE INFO

+ HIGH FIBRE

\$5.29
PER SERVE

2.5
SERVES OF
VEGIES

RECIPES & FOOD PREPARATION: CLAIRE BROOKMAN PHOTOGRAPHY: GUY BAILEY STYLING: KIRSTEN JENKINS WORDS: AMIRA GEORGY NUTRITION TEXT REVIEWED BY SUSANNA HOLT, DIETITIAN



MUSHROOMS: VERSATILE & LOW IN KILOJOULES

EGGS: HIGH IN PROTEIN & NUTRIENTS

What makes it so good:

+ **MUSHROOMS** Available in so many different varieties, each with their own distinct taste, mushrooms are a versatile ingredient to have on hand. They are naturally high in glutamates, so they add a great flavour burst to your dishes. Mushrooms are a good low-calorie source of B-group vitamins, selenium, potassium and fibre. And they may just do wonders for your immune system and heart health. The medicinal properties of mushrooms are currently being investigated in clinical trials.

+ **EGGS** are a natural source of more than 11 vitamins and minerals, and a good source of complete, easily digested protein, so they're perfect for vegetarians. They also contain lutein and zeaxanthin, which benefit eye health and are usually only found in fruit and vegetables. Best of all, eggs are inexpensive and handy to have on hand for a quick omelette, frittata or scrambled eggs when you're running low on ingredients.

SUPER-GREENS FRITTATA

SERVES 4

PREP 20 MINUTES

COOK 20 MINUTES

1 cup fresh basil leaves
½ cup fresh flat-leaf parsley leaves
3 green onions, roughly chopped
2 zucchini, roughly chopped
80g baby spinach, plus extra to serve
2 tablespoons extra virgin olive oil
8 eggs
½ cup plain Greek-style yoghurt
250g mixed mushrooms, sliced (see notes)
200g broccoli, cut into florets
2 garlic cloves, thinly sliced
¼ cup pepitas and sunflower seed mix (see notes)
1 tablespoon lemon zest
2 teaspoons finely chopped fresh tarragon leaves
Finely grated parmesan, to serve

1 Place basil, parsley, green onion, zucchini and spinach in a food processor. Process until finely chopped.

2 Heat ½ the oil in a 22cm (base) ovenproof frying pan over medium-high heat. Add zucchini mixture. Cook, stirring occasionally, for 5 minutes or until tender and any liquid has evaporated.

3 Whisk eggs and yoghurt. Season with salt and pepper. Add to zucchini mixture in pan. Stir until well combined. Reduce heat to low. Cook for 8 to 10 minutes or until almost set (mixture will wobble slightly in the centre).

4 Meanwhile, heat remaining oil in a wok or frying pan over high heat. Add mushroom and broccoli. Cook, tossing, for 6 minutes or until beginning to char. Add garlic, seed mix, lemon zest and tarragon. Cook, tossing, for 2 minutes or until seeds are toasted. Remove from heat.

5 Preheat grill on high. Grill frittata for 3 minutes or until top is golden and frittata is set. Top with broccoli mixture, extra baby spinach and parmesan. Serve.

NUTRITION: (per serve) 1722kJ; 29.6g fat; 8.3g sat fat; 26.1g protein; 6.7g carbs; 8.1g fibre; 388mg chol; 350mg sodium. >

Cook's notes:

+ We used a mixture of button, cup, swiss brown and portobello mushrooms.

+ You can find this mix in the baking aisle of the supermarket next to the dried fruit.



**SUPER-GREENS
FRITTATA**

THE INFO

- + GLUTEN FREE
- + HIGH FIBRE
- + VEGETARIAN

40

\$4.47
PER SERVE

3

SERVES OF
VEGIES

YOGHURT: HIGH IN PROTEIN & PROBIOTICS

WHOLEGRAINS & LEGUMES: HIGH IN FIBRE

What makes it so good:

+ YOGHURT Few foods pack as healthy a punch in such small serving sizes as yoghurt. This high-protein food is a good source of B vitamins and calcium, is low GI (if not sweetened with too much sugar or honey), so it helps to stave off hunger, and it has a healthy dose of live bacteria, known as probiotics. Not only do probiotics do wonders for the digestive system, they make yoghurt easier to digest so its nutrients are easier to absorb than milk.

+ WHOLEGRAINS & LEGUMES Eating a lower-fat diet rich in wholegrains and legumes can help reduce your risk of heart disease and diabetes. These foods are low in fat, high in carbohydrates and provide a great source of protein, fibre, vitamins and minerals. While wheat, oats and rice are among the more common wholegrains, rye, barley, sorghum and freekeh are gaining popularity. Legumes also have a low glycaemic index, so you'll feel fuller for longer after eating them.

TURKISH RICE AND LENTIL YOGHURT SOUP WITH DUKKAH OIL

SERVES 4

PREP 15 MINUTES COOK 35 MINUTES

1 tablespoon extra virgin olive oil
1 brown onion, finely chopped
4 garlic cloves, crushed
 $\frac{3}{4}$ cup rice and lentil mix (see note)
6 cups salt-reduced chicken stock
1½ tablespoons plain flour
500g tub plain Greek-style yoghurt
1 egg, lightly beaten
 $\frac{1}{4}$ cup fresh mint leaves
Dukkah Oil
 $\frac{1}{4}$ cup extra virgin olive oil
1 teaspoon ground cumin
 $\frac{1}{2}$ teaspoon ground coriander
2 pinches of sweet paprika
2 tablespoons pistachio kernels, roughly chopped
1 teaspoon sesame seeds
1 teaspoon finely grated lemon rind
1 tablespoon lemon juice

1 Heat oil in a large saucepan over medium-high heat. Add onion. Cook for 5 minutes. Add garlic. Cook for 1 minute or until fragrant. Add rice and lentil mix. Stir to combine. Add stock and 1 cup cold water. Cover. Bring to the boil. Reduce heat to medium-low. Simmer, partially covered, for 20 minutes or until rice mixture is tender.

2 **Meanwhile, make Dukkah Oil** Heat oil in a small frying pan over medium heat. Add cumin, coriander, paprika, pistachios and sesame seeds. Cook for 2 to 3 minutes or until fragrant. Remove from heat. Add lemon rind and juice.

3 Blend flour and 2 tablespoons water until smooth. Place yoghurt in a large heatproof bowl. Add egg and flour mixture. Whisk until smooth and combined.

4 Slowly add $\frac{1}{2}$ cup hot stock mixture, 1 tablespoon at a time, to yoghurt mixture, whisking to combine. Reduce heat to low. Slowly add yoghurt mixture to remaining stock mixture. Whisk until combined. Cook for 5 minutes or until heated through (do not boil). Season with salt and pepper.

5 Serve soup drizzled with dukkah oil and topped with mint.

NUTRITION: (per serve) 2435kJ; 36.5g fat; 11.1g sat fat; 18g protein; 43.8g carbs; 4.5g fibre; 71mg chol; 1126mg sodium. >

Cook's note:

Rice and lentil mix is available in the rice section of the supermarket. You could replace it with $\frac{1}{2}$ cup of uncooked brown rice and $\frac{1}{4}$ cup of dried brown lentils.



TURKISH RICE
AND LENTIL
YOGHURT SOUP
WITH DUKKAH OIL

THE INFO

50

\$3.62
PER SERVE

NUTS: HIGH IN PROTEIN & HEART-FRIENDLY FATS

BROCCOLI: HIGH IN VITAMINS C, K AND A

What makes it so good:

+ NUTS & SEEDS Don't let the small size of these little guys fool you; they're packed with heart-friendly fats, plus protein, fibre, vitamins and minerals, and protective antioxidants. A handful of nuts and seeds makes a convenient healthy snack in between meals, or you can add them to salads and vegetarian dishes to boost the nutrients in your meal. Opt for raw or dry-roasted nuts and seeds, without added oils or salt, for the most benefit.

+ BROCCOLI We're constantly told to "eat your greens" – and for good reason. Including more cruciferous vegetables, such as broccoli, to our everyday meals offers many health benefits. Broccoli is low in kilojoules, provides fibre, potassium and folate, and promotes a feeling of fullness. This mighty green is so versatile, it's easy to include more of it in your diet. Try broccoli raw in your salads, as well as cooked in your favourite dishes.

SPAGHETTI WITH CHICKEN AND BROCCOLI ALMOND PESTO

SERVES 4

PREP 15 MINUTES (PLUS STANDING)

COOK 20 MINUTES

500g chicken breast fillets

1 lemon, sliced

1 teaspoon whole black peppercorns

375g dried wholegrain spaghetti

250g cherry tomatoes, halved

Fresh basil leaves and extra roughly chopped almonds, toasted, to serve

Broccoli Pesto

600g broccoli, trimmed, cut into florets

1 cup firmly packed fresh basil leaves

½ cup almond kernels

4 small garlic cloves, peeled, quartered

½ cup extra virgin olive oil

½ cup finely grated parmesan

1 Place chicken in a deep frying pan. Add lemon and peppercorns. Add enough water to cover chicken. Bring to the boil over medium heat. Reduce heat to low. Cover. Simmer for 5 minutes. Remove from heat. Stand for 15 minutes. Remove chicken from cooking liquid. Thinly slice.

2 Meanwhile, make Broccoli Pesto

Cook broccoli in a saucepan of boiling water for 5 minutes or until tender. Drain. Refresh under cold water. Place broccoli, basil, almonds, garlic and oil in a food processor. Process until almost smooth. Transfer to a bowl. Stir in parmesan.

Season with salt and pepper (see note).

3 Cook pasta following packet directions.

Drain, reserving 1 cup cooking water. Return pasta to pan over low heat. Add pesto, tomato and reserved cooking water. Cook, tossing for 5 minutes, or until heated through. Serve pasta topped with chicken, basil leaves and extra almonds.

NUTRITION: (per serve) 3977kJ; 50.2g fat; 8.9g sat fat; 56.1g protein; 57.6g carbs; 21.9g fibre; 84mg chol; 331mg sodium. >

Cook's note:

Unlike traditional pesto, made with a higher ratio of oil, this version won't keep and is best served freshly made.



SPAGHETTI WITH
CHICKEN AND
BROCCOLI ALMOND
PESTO

THE INFO

+ HIGHER IN FIBRE
+ LOWER SODIUM

35

\$4.87
PER SERVE

3
SERVES OF
VEGIES



EXTRA VIRGIN OLIVE OIL: HIGH IN ANTIOXIDANTS
SALMON: HIGH IN OMEGA-3 FATTY ACIDS

What makes it so good:

+ EXTRA VIRGIN OLIVE OIL Apart from adding great flavour and aroma to your dishes, this pantry must-have is also high in heart-healthy monounsaturated fats and a good source of antioxidants, particularly polyphenol. When eaten as part of a low-saturated fat healthy diet, extra virgin olive oil can help lower blood cholesterol and the risk of heart disease. But to enjoy these benefits, make sure your oil is fresh extra virgin olive oil.

+ SALMON is high in protein, rich in omega-3 fats (which many of us don't eat enough of) and contains vitamins A and D, plus potassium, selenium, zinc and iodine. It's a great source of EPA and DHA omega fats, associated with good brain and heart health. A diet with a sufficient amount of omega-3 fats and less omega-6 polyunsaturated fats (from nuts, seeds and many vegetable oils) can help reduce inflammation. The protein in fish is also filling and can help lower blood pressure.

ROASTED SALMON WITH FENNEL, CITRUS AND OLIVES

SERVES 4

PREP 15 MINUTES

COOK 30 MINUTES

- 1 large fennel bulb, trimmed, halved, thinly sliced
- 1 orange, sliced
- 1 lemon, sliced
- ½ teaspoon fennel seeds
- 2 garlic cloves, thinly sliced
- 6 sprigs fresh dill, plus extra to serve
- ½ cup extra virgin olive oil
- 4 x 150g skinless boneless salmon fillets
- ½ cup pitted Sicilian olives
- 500g cream delight potatoes, halved, steamed (see note)
- Salad leaves, to serve

- 1 Preheat oven to 180°C/160°C fan-forced.
- 2 Place fennel, orange, lemon, fennel seeds, garlic and dill in a large roasting pan. Add ⅓ cup oil. Season. Toss to combine. Place salmon fillets on top. Drizzle salmon with remaining oil and season with salt and pepper. Roast for 15 minutes.
- 3 Add olives to pan. Roast for a further 10 to 15 minutes or until salmon is cooked through and fennel is tender.
- 4 Serve salmon mixture with potatoes and salad leaves.

NUTRITION: (per serve) 2438kJ; 36.6g fat; 8.6g sat fat; 35.9g protein; 23.3g carbs; 7g fibre; 97mg chol; 551mg sodium. ■

Cook's note:

To steam potatoes, place in a steamer basket over a saucepan of simmering water. Cook, covered, for 12 minutes or until tender. To microwave: place in a microwave-safe dish with 2 tablespoons of water. Cook, covered, on HIGH (100%) for 8 minutes or until tender.



ROASTED SALMON
WITH FENNEL, CITRUS
AND OLIVES

THE INFO

- + HIGHER IN FIBRE
- + LOWER SODIUM
- + HIGH IN OMEGA-3

45

\$6.54
PER SERVE

3
SERVES OF
VEGIES



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MIDWEEK

FEEL-GOOD FAMILY FOOD » DRINK UP WITH SMOOTHIES AND JUICES » DRESSED UP SALAD » DINNER DONE IN A DASH » HEALTHY AVOCADO » VAMP IT UP WITH GARLIC



TUNA, BEAN AND GRILLED ZUCCHINI SALAD

SERVES 4

PREP 15 MINUTES COOK 5 MINUTES

- 2 zucchini, thinly sliced lengthways
- 1 garlic clove, crushed
- 1 tablespoon extra virgin olive oil
- 1 tablespoon chopped fresh dill
- 2 bunches asparagus, trimmed
- 425g can tuna in springwater, drained
- 1 tablespoon lemon juice
- 2 teaspoons baby capers
- 400g can cannellini beans, drained, rinsed
- 250g punnet baby roma tomatoes, halved
- 4 radishes, trimmed, thinly sliced

Dressing

- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 1 teaspoon worcestershire sauce
- ¼ cup buttermilk
- 1 eschalot, finely chopped
- 1 tablespoon chopped fresh flat-leaf parsley leaves
- 1 teaspoon dijon mustard

- 1 Toss zucchini, garlic and ½ the oil in a bowl. Heat a chargrill pan or barbecue grill over medium heat. Chargrill zucchini for 2 to 3 minutes or until browned on both sides. Return to bowl. Add dill. Season with salt and pepper. Toss to combine.
- 2 Place asparagus in a bowl. Drizzle with remaining oil. Toss to coat. Chargrill for 2 minutes, turning often, or until just tender and charred. Return to bowl.
- 3 Combine tuna, lemon and capers in a small bowl. Season with pepper. Arrange zucchini mixture, asparagus, tuna mixture, beans, tomato and radish on a plate.
- 4 **Make Dressing** Place lemon juice, oil, worcestershire sauce, buttermilk, eschalot, parsley and mustard in a screw-top jar with a lid. Season with salt and pepper. Secure lid. Shake well to combine. Drizzle dressing over salad. Serve.

NUTRITION: (per serve) 1313kJ; 15.5g fat; 2.4g sat fat; 24.1g protein; 16.7g carbs; 8.9g fibre; 2mg chol; 545mg sodium. ■

TUNA, BEAN AND GRILLED ZUCCHINI SALAD

THE INFO

+LOW KILOJOULE

20

\$3.94
PER SERVE

3
SERVES OF
VEGIES

Serving the elements separately on a platter lets everyone mix and match their favourite bits!

feel-good midweek meals



Kim says: Fresh and light, but without skimping on flavour, our take on healthy uses everyday ingredients to keep your family feeling full and great

Sunday prep:

- + Make steps 1 and 2 of the Spiced Beef Pilaf Stuffed Capsicum, p38. Cool mince mixture. Transfer to an airtight container. Refrigerate for up to 2 days.
- + Make steps 1 and 2 of the Thai Chicken Skewers with Peanut Sauce, p40. Transfer to separate airtight containers. Refrigerate for up to 1 day.
- + Make steps 3 and 4 of the Quinoa and Roasted Vegetables with Tahini Dressing, p41. Transfer quinoa and dressing to separate airtight containers. Refrigerate for up to 2 days.



BARBECUED LAMB WITH WARM BARLEY AND KALE SALAD

SERVES 4

PREP 15 MINUTES (PLUS REFRIGERATION AND STANDING)

COOK 1 HOUR

2 tablespoons balsamic vinegar
2 garlic cloves, crushed
1 teaspoon finely grated lemon rind
8 x 100g lamb rump steaks, trimmed
1 cup pearl barley, rinsed
1 small bunch kale
1 tablespoon extra virgin olive oil
2 red onions, halved, thinly sliced
2 tablespoons pine nuts
250g cherry tomatoes, halved
½ cup sultanas
2 tablespoons lemon juice

2 tablespoons chopped fresh parsley
Extra virgin olive oil and lemon wedges, to serve

1 Combine vinegar, garlic and lemon rind in a shallow glass or ceramic dish. Add lamb. Turn to coat. Cover. Refrigerate for 1 hour to allow flavours to develop.
2 Place 1 litre of water in a saucepan. Add barley. Cover. Bring to the boil over high heat. Reduce heat to low. Simmer for 35 minutes or until tender. Drain. Cover.
3 Meanwhile, remove and discard stems from kale. Roughly shred leaves. Heat oil in a frying pan over medium heat. Add onion. Cook, stirring, for 10 minutes or until very soft. Add pine nuts. Cook, stirring, for 2 minutes or until pine nuts

are lightly toasted. Add kale leaves. Cook, stirring occasionally, for 5 minutes or until kale is just wilted. Remove from heat. Add tomato. Cover. Set aside for 5 minutes. Add barley, sultanas, lemon juice and parsley. Season well with salt and pepper. Toss well to combine. Cover to keep warm.

4 Heat a chargrill pan over medium-high heat. Cook lamb for 2 to 3 minutes each side, for medium, or until cooked to your liking. Transfer to a plate. Cover loosely with foil. Stand for 3 minutes to rest. Serve lamb with barley salad, drizzled with oil, and lemon wedges.

NUTRITION: (per serve) 2659kJ; 23.4g fat; 4.7g sat fat; 51.4g protein; 48.7g carbs; 9.9g fibre; 123mg chol; 220mg sodium. >



BARBECUED LAMB
WITH WARM BARLEY
AND KALE SALAD

THE INFO

+ DIABETES FRIENDLY
+ HEART FRIENDLY
+ HIGH IN IRON

\$7.13
PER SERVE

BEEF NASI GORENG

THE INFO

+ HIGH FIBRE
+ ASIAN

\$3.84
PER SERVE

3.5
SERVES OF
VEGIES



BEEF NASI GORENG

SERVES 4

PREP 20 MINUTES (PLUS 1 HOUR REFRIGERATION) **COOK** 30 MINUTES

- 400g beef rump steak, trimmed, thinly sliced
- 1 teaspoon sambal oelek
- ¼ cup kecap manis
- 1½ cups brown rice
- 2 tablespoons peanut oil
- 2 eggs, lightly beaten
- 2 shortcut bacon rashers, trimmed, thinly sliced
- 2 brown onions, halved, sliced
- 1 garlic clove, thinly sliced
- 1 long red chilli, thinly sliced
- 200g green beans, trimmed, halved diagonally
- 2 cups finely shredded Chinese cabbage (wombok)
- 1 cup frozen peas
- 150g bean sprouts, trimmed

- 1 medium tomato, halved, cut into wedges
- 1 Lebanese cucumber, thickly sliced
- 2 green onions, thinly sliced diagonally

- 1 Place beef in a glass or ceramic bowl. Add sambal oelek and 1 tablespoon kecap manis. Toss to coat. Cover. Refrigerate for 1 hour.
- 2 Meanwhile, cook rice following packet directions. Drain. Spread over a large tray. Refrigerate for 1 hour or until cold.
- 3 Heat 2 teaspoons oil in a wok over medium-high heat. Add egg. Swirl to coat. Cook for 1 to 2 minutes or until just set. Transfer to a chopping board. Roll up egg. Cut into slices.
- 4 Heat 1 tablespoon remaining oil in wok. Stir-fry beef, in batches, for 3 minutes or until browned all over and just cooked through. Transfer to a bowl.
- 5 Heat remaining oil in wok. Add bacon and brown onion. Stir-fry for 4 minutes or until onion has softened. Add garlic and chilli.

Stir-fry for 30 seconds or until fragrant. Add beans. Stir-fry for 1 minute.

6 Return beef to wok with cabbage, peas, sprouts, rice and remaining kecap manis. Stir-fry for 2 to 3 minutes or until rice is heated through. Serve topped with egg, tomato, cucumber and green onion.

NUTRITION: (per serve) 2834kJ; 21g fat; 5.8g sat fat; 39.7g protein; 77.5g carbs; 9.8g fibre; 164mg chol; 923mg sodium.

SPICED BEEF PILAF STUFFED CAPSICUM

SERVES 4

PREP 15 MINUTES

COOK 1 HOUR 15 MINUTES

- 2 teaspoons extra virgin olive oil
- 100g lean beef mince
- 1 small brown onion, finely chopped
- 1 garlic clove, finely chopped
- ½ cup basmati rice
- 2 teaspoons ground cumin
- 1 teaspoon sweet paprika
- 400g can diced tomatoes
- ½ cup frozen peas
- 60g baby spinach
- 4 red capsicum, halved lengthways
- 2 tomatoes, finely chopped
- ½ small red onion, finely chopped
- 1 tablespoon finely chopped fresh mint leaves
- Mixed salad leaves, to serve

- 1 Heat ½ the oil in a large saucepan over medium-high heat. Add mince. Cook, stirring with a wooden spoon to break up any lumps, for 3 to 4 minutes or until browned.
 - 2 Add brown onion and garlic. Cook, stirring, for 3 minutes or until softened. Add rice, cumin and paprika. Cook for 1 minute or until fragrant. Add canned tomatoes and 1 cup water. Stir to combine. Season. Bring to the boil. Cover. Reduce heat to low. Simmer for 15 minutes or until rice is tender and liquid is absorbed, adding the peas in the last 3 minutes of cooking.
 - 3 Preheat oven to 180°C/160°C fan-forced. Stir spinach into mince mixture. Divide mixture evenly among capsicum. Bake for 45 minutes or until capsicum is tender.
 - 4 Meanwhile, combine chopped tomato, red onion and mint in a small bowl. Season with salt and pepper. Sprinkle over capsicum. Serve with salad leaves.
- NUTRITION:** (per serve) 1034kJ; 5.2g fat; 1.1g sat fat; 13.1g protein; 34.3g carbs; 6.1g fibre; 13mg chol; 105mg sodium. >



SPICED BEEF PILAF
STUFFED CAPSICUM

THE INFO

- + DIABETES FRIENDLY
- + GLUTEN FREE
- + HEART FRIENDLY

\$2.89
PER SERVE

5
SERVES OF
VEGIES



THAI CHICKEN SKEWERS WITH PEANUT SAUCE

SERVES 4 (MAKES 8)

PREP 20 MINUTES (PLUS 1 HOUR REFRIGERATION) **COOK** 15 MINUTES

YOU'LL NEED 16 PRE-SOAKED SMALL BAMBOO SKEWERS.

4 chicken thigh fillets, trimmed, cut into 3cm pieces

¼ cup chopped fresh coriander leaves

1 tablespoon fish sauce

1 tablespoon lime juice

2 garlic cloves, crushed

3cm piece fresh ginger, finely grated

1 long red chilli, finely chopped

2 teaspoons peanut oil

270ml can light coconut milk

1½ tablespoons natural peanut butter

2 teaspoons kecap manis

2 small roma tomatoes, quartered lengthways

1 red onion, halved, cut into 8 wedges

2 tablespoons roasted cashews, roughly chopped

½ cup small sprigs fresh coriander

1 bunch baby bok choy, steamed

Steamed jasmine rice, to serve

1 Place chicken in a glass or ceramic bowl. Add coriander, fish sauce, lime juice and ½ each of the garlic, ginger and chilli. Cover. Refrigerate for 1 hour to marinate.

2 Meanwhile, heat oil in a small saucepan over medium heat. Add remaining garlic, ginger and chilli. Cook, stirring, for 1 minute or until fragrant. Add coconut milk, peanut butter and kecap manis. Reduce heat to low. Simmer, stirring, for 2 to 3 minutes or until well combined and slightly thickened.

3 Using two skewers at a time, thread 3 pieces of chicken, 1 piece of tomato and 1 piece of onion, alternating, onto skewers. Repeat with the remaining chicken, tomato and onion to make 8 skewers.

4 Heat a greased barbecue plate or chargrill on medium heat. Cook skewers for 5 minutes each side or until the chicken is browned and cooked through.

5 Toss cashews and coriander together. Serve skewers with peanut sauce, baby bok choy and steamed rice and sprinkled with cashew 'salsa'.

NUTRITION: (per serve) 2453kJ; 22.9g fat; 8.2g sat fat; 30g protein; 61.3g carbs; 3.8g fibre; 87mg chol; 677mg sodium.



THAI CHICKEN SKEWERS WITH PEANUT SAUCE

THE INFO

+ ASIAN



Using two skewers instead of one holds the ingredients more securely and stops them spinning on the skewer.



**QUINOA AND ROASTED
VEGETABLES WITH
TAHINI DRESSING**

THE INFO

+ DIABETES FRIENDLY
+ HEART FRIENDLY
+ VEGETARIAN

35

\$4.02
PER SERVE

5
SERVES OF
VEGIES

QUINOA AND ROASTED VEGETABLES WITH TAHINI DRESSING

SERVES 4 (MAKES 16)

PREP 15 MINUTES

COOK 20 MINUTES

- 1 large eggplant, cut into 5mm thick batons
- 3 carrots, cut into 5mm thick batons
- 2 red capsicum, cut into 1cm strips
- 2 red onions, halved, cut into 1cm thick wedges
- 2 tablespoons extra virgin olive oil
- $\frac{2}{3}$ cup white quinoa, rinsed
- 16 small butter lettuce leaves
- 2 tablespoons seed mix with pine nuts, toasted

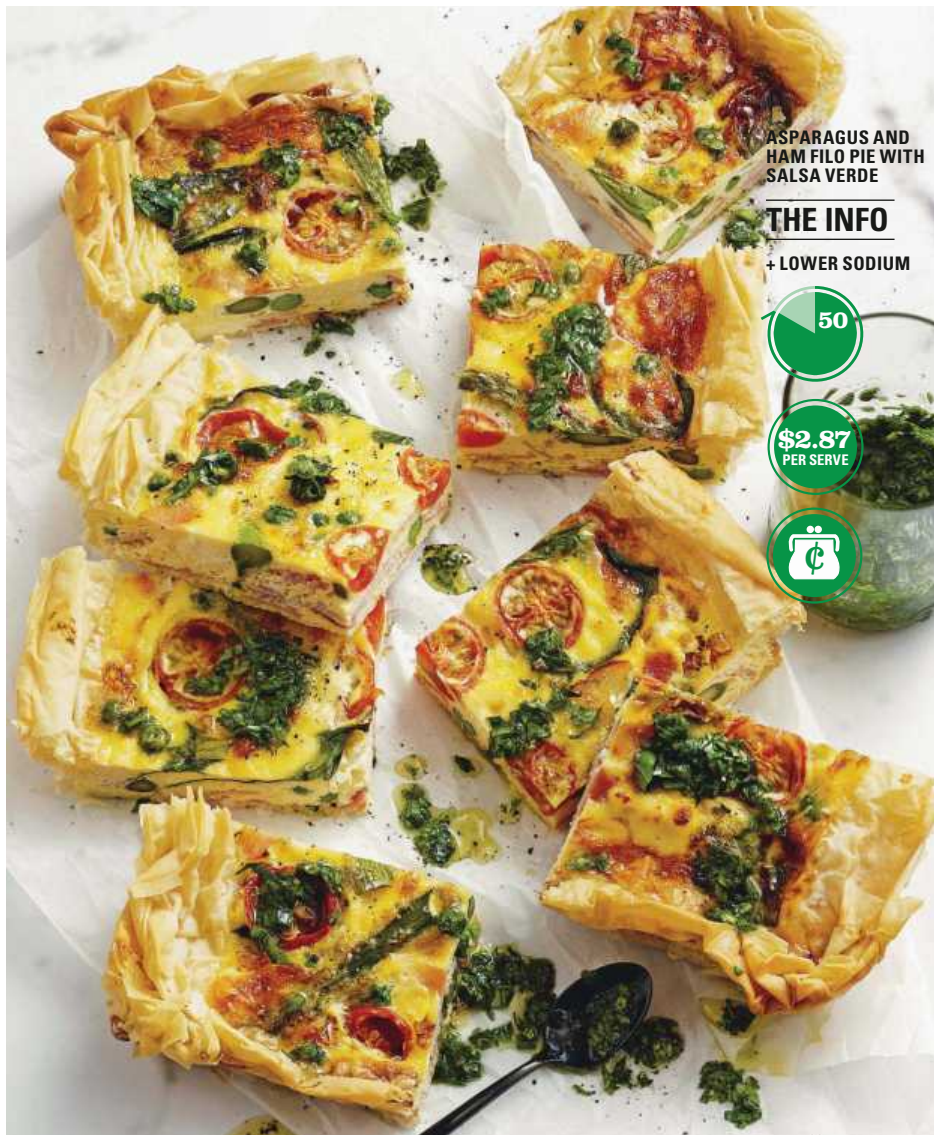
Tahini Dressing

- $\frac{3}{4}$ cup low-fat Greek-style yoghurt
- 1 tablespoon tahini

- 2 teaspoons honey
- 1 small garlic clove, crushed

- 1 Preheat oven to 200°C/180°C fan-forced. Line 3 large baking trays with baking paper.
- 2 Divide eggplant, carrot, capsicum and onion among prepared trays. Drizzle with oil. Roast for 15 to 20 minutes or until tender and just golden.
- 3 Meanwhile, cook quinoa following packet directions.
- 4 **Make Tahini Dressing** Combine yoghurt, tahini, honey, garlic and $\frac{1}{4}$ cup water together in a small bowl. Season well with salt and pepper.
- 5 Divide vegetables among lettuce leaves. Top with quinoa and drizzle with dressing. Serve sprinkled with seed mix.

NUTRITION: (per serve) 1767kJ; 19.1g fat; 2.9g sat fat; 14.5g protein; 42.6g carbs; 11.9g fibre; 1mg chol; 185mg sodium. >



ASPARAGUS AND HAM FILO PIE WITH SALSA VERDE

THE INFO

+ LOWER SODIUM

50

\$2.87
PER SERVE



SPRING MEATBALL MINISTRONE

SERVES 4

PREP 15 MINUTES (PLUS 15 MINUTES REFRIGERATION) **COOK** 20 MINUTES

500g pork and veal mince

1 brown onion, coarsely grated

1 small zucchini, coarsely grated

¼ cup coarsely grated parmesan, plus extra to serve

100g dried large pasta shells

2 tablespoons extra virgin olive oil

2 cups shredded white cabbage

1 garlic clove, crushed

6 cups salt-reduced chicken stock

200g green beans, trimmed, cut into 3cm lengths

2 bunches asparagus, trimmed, cut into 3cm lengths

1 cup frozen peas

1 tablespoon fresh dill

1 Place mince, onion, zucchini and parmesan in a large bowl. Season with salt and pepper. Mix well to combine. Roll level tablespoons of mixture into balls. Place on a large plate. Refrigerate for 15 minutes.

2 Meanwhile, cook pasta following packet directions. Drain. Set aside.

3 Heat ½ the oil in a non-stick frying pan over medium-high heat. Cook meatballs, in 2 batches, turning, for 5 to 6 minutes or until browned and cooked through. Transfer to a plate. Cover to keep warm.

4 Heat remaining oil in a saucepan over medium-high heat. Add cabbage and garlic. Cook, stirring, for 2 minutes. Add stock and 2 cups water. Bring to a simmer. Add beans, asparagus and peas. Simmer for 3 to 5 minutes or until vegetables are tender. Add meatballs and pasta to soup. Season with salt and pepper. Top soup with dill and extra parmesan. Serve.

NUTRITION: (per serve) 2113kJ; 21.9g fat; 7.3g sat fat; 43.3g protein; 30.1g carbs; 8.7g fibre; 100mg chol; 2350mg sodium. >

ASPARAGUS AND HAM FILO PIE WITH SALSA VERDE

SERVES 4

PREP 20 MINUTES **COOK** 30 MINUTES

Olive oil cooking spray

4 sheets filo pastry

7 eggs

⅔ cup milk

100g lean leg ham, chopped

125g cherry tomatoes, halved

1 bunch asparagus, trimmed, halved crossways

30g baby spinach

¼ cup frozen peas

⅓ cup fresh ricotta, roughly crumbled

Salsa Verde

⅓ cup chopped fresh basil leaves

2 tablespoons chopped fresh mint leaves

2 tablespoons extra virgin olive oil

1 tablespoon lemon juice

½ small garlic clove, crushed

1 Preheat oven to 200°C/180°C fan-forced. Spray a 3cm-deep, 18cm x 28cm slice pan

with oil. Spray 1 filo sheet with oil. Top with another filo sheet to form 1 stack. Repeat with remaining filo to form a second stack. Spray top of 1 filo stack with oil. Top with remaining filo stack to form a cross shape. Line base and sides of prepared pan with filo, allowing pastry to overhang.

2 Whisk eggs and milk in a bowl until well combined. Arrange ham, tomato, asparagus and spinach in pan. Pour over egg mixture. Sprinkle with peas and ricotta. Scrunch overhanging filo to form an edge. Spray with oil. Bake for 25 to 30 minutes or until just set and light golden.

3 **Meanwhile, make Salsa Verde** Combine basil, mint, oil, lemon juice and garlic in a bowl. Season with salt and pepper.

4 Cut pie into pieces. Drizzle with salsa. Serve.

NUTRITION: (per serve) 1562kJ; 25.1g fat; 7.2g sat fat; 21.8g protein; 14g carbs; 2.9g fibre; 347mg chol; 535mg sodium.

Kim says:

To speed up this recipe, cook the meatballs on the weekend. Store them in an airtight container in the fridge for up to 2 days. Add them with the stock so they heat through.



**SPRING MEATBALL
MINISTRONE**

THE INFO

+ HIGH FIBRE

50

\$4.08
PER SERVE

3
SERVES OF
VEGIES

**FENNEL AND
CHILLI-CRUSTED FISH
WITH AVOCADO
AND ORANGE SALAD**

THE INFO

+ GLUTEN FREE
+ LOW SATURATED FAT
+ LOWER SODIUM

30

\$5.40
PER SERVE

*It might look like salmon,
but it's actually the paprika
and chilli adding flavour
and colour to the white fish.*

**FENNEL AND CHILLI-CRUSTED
FISH WITH AVOCADO AND
ORANGE SALAD**

SERVES 4

PREP 20 MINUTES

COOK 10 MINUTES

2 teaspoons fennel seeds, finely chopped
1 teaspoon smoked paprika
Large pinch of dried chilli flakes
4 x 200g firm white boneless
fish fillets, skin on
2 tablespoons extra virgin olive oil
3 oranges
60g baby rocket
1 large avocado, sliced
3 radishes, thinly sliced
⅓ cup fresh mint leaves
¼ cup small fresh dill sprigs
1 tablespoon white wine vinegar
Lime wedges, to serve

1 Combine fennel seeds, paprika and chilli flakes in a small bowl. Sprinkle over the top of each fish fillet, pressing to secure. Season well with salt and pepper.
2 Heat ½ the oil in a large non-stick frying pan over medium-high heat. Add fish, spice-side down. Cook for 3 to 4 minutes or until golden. Turn fish. Cook for a further 3 to 4 minutes or until just cooked through.
3 Meanwhile, using a small sharp knife, remove peel and pith from oranges. Cut down either side of the membrane to release segments. Squeeze membrane over a bowl to catch juice.
4 Arrange baby rocket, orange segments, avocado, radish, mint and dill on serving plates. Whisk reserved orange juice, vinegar and remaining oil in a small bowl. Season with salt and pepper. Drizzle salad with orange dressing. Serve fish with salad and lime wedges.
NUTRITION: (per serve) 2038kJ; 28.9g fat; 5.9g sat fat; 45.1g protein; 9.1g carbs; 4.6g fibre; 80mg chol; 265mg sodium.

**CHILLI PRAWN AND
ZOODLE STIR-FRY**

SERVES 4

PREP 30 MINUTES

COOK 10 MINUTES

*YOU'LL NEED A SPIRAL SLICER
(SEE KIM'S TIP)*

4 large zucchini
1 tablespoon vegetable oil
20 medium green prawns, peeled,
tails intact
2 garlic cloves, finely chopped
3cm piece fresh ginger, peeled,
finely chopped
2 long red chillies, thinly sliced
2 green onions, thinly sliced
2 bunches asparagus, trimmed,
cut into 3cm pieces
600g green beans, trimmed, halved
2 tablespoons salt-reduced soy sauce
2 tablespoons honey
½ cup fresh Thai basil or basil leaves
¼ cup fresh coriander leaves

1 Using a spiral slicer, cut zucchini into long thin noodles.

2 Heat ½ the oil in a large wok over medium-high heat. Stir-fry prawns, in 2 batches, for 2 to 3 minutes or until just cooked through. Transfer to a plate. Cover to keep warm.
3 Heat remaining oil in wok. Add garlic, ginger, chilli and onion. Stir-fry for 30 seconds or until fragrant. Add asparagus and beans. Stir-fry for 2 minutes or until just tender.
4 Combine soy sauce and honey in a small bowl. Add soy sauce mixture and zucchini to wok. Stir-fry for 1 to 2 minutes or until zucchini is just tender. Add basil and coriander. Toss to combine. Serve.
NUTRITION: (per serve) 1162kJ; 6.3g fat; 0.7g sat fat; 28.6g protein; 21.8g carbs; 9.9g fibre; 142mg chol; 703mg sodium.

Kim says:

You can find spiral slicers at specialty kitchen stores, homewares stores or online. You could also use the large holes on a grater to make long strips.



CHILLI PRAWN AND ZOODLE STIR-FRY

THE INFO

+ HEALTHY
+ HIGH FIBRE
+ LOW KILOJOULE
+ LOW SATURATED FAT

40

\$6.24
PER SERVE

6

SERVES OF
VEGIES

CHICKEN AND VEGETABLE RICE PAPER ROLLS

SERVES 4 (MAKES 16)

PREP 30 MINUTES (PLUS 15 MINUTES
STANDING) COOK 15 MINUTES

1 large (300g) chicken breast fillet
 ½ cup salt-reduced soy sauce
 1 corn cob, husks and silk removed
 16 large rice paper rounds
 16 fresh mint leaves
 4 large butter lettuce leaves, quartered
 2 small (or 1 large) beetroot, peeled,
 cut into matchsticks
 1 large red capsicum, thinly sliced
 1 large carrot, cut into matchsticks
 2 tablespoons rice wine vinegar
 2cm piece fresh ginger, finely grated
 Extra mint sprigs, to serve

1 Bring a saucepan of water to the boil. Reduce heat to very low. Add chicken. Cover. Simmer gently for 15 minutes or until chicken is cooked through. Transfer to a chopping board. Stand for 15 minutes to cool. Shred chicken. Place in a bowl. Drizzle with 3 teaspoons soy

sauce. Toss to combine. Season with pepper.

2 Meanwhile, heat a chargill pan or barbecue grill on medium-high heat. Cook corn, turning, for 8 to 10 minutes or until kernels are tender and charred. Transfer to a board. Stand for 2 minutes or until slightly cool. Cut kernels from cobs. Transfer to a bowl.

3 Place a damp clean tea towel on a baking tray. Fill a shallow dish with warm water. Dip 1 rice paper round into water. Place on a clean tea towel. Place 1 mint leaf and 1 piece of lettuce along 1 edge. Top with a little chicken, beetroot, capsicum, carrot and corn. Roll up, folding in edges, to enclose filling. Place on prepared tray. Cover with another damp clean tea towel. Repeat with remaining rice paper, mint, lettuce, chicken, beetroot, capsicum, carrot and corn.

4 Combine remaining soy sauce, vinegar, ginger and 1 tablespoon cold water in a bowl. Serve with sauce and extra mint.

NUTRITION: (per serve) 1420kJ; 2.2g fat; 0.5g sat fat; 24g protein; 52.2g carbs; 5.5g fibre; 44mg chol; 1542mg sodium. ■

CHICKEN AND VEGETABLE RICE PAPER ROLLS

THE INFO

+ HIGH FIBRE
+ LOW KILOJOULE
+ LOW SATURATED FAT
+ ASIAN

\$2.68
PER SERVE

SMOOTH GROOVES



Amira says: Ditch the idea that smoothies and juices are faddish and only for health nuts. We've mixed things up to create five super shake combos – all delicious, all nutritious!



POWER PUNCH JUICE

SERVES 4 (MAKES 4 CUPS)

PREP 10 MINUTES

2 stalks kale
½ medium beetroot, trimmed, peeled
2cm-piece fresh ginger
1 carrot, peeled, quartered
2 celery stalks, trimmed, chopped
2 small lemons, peeled, quartered
1½ cups iced water

1 Remove and discard stems from kale. Roughly chop leaves.
2 Place all ingredients in a blender. Blend until smooth. Pour into glasses. Serve.
NUTRITION: (per serve) 179kJ; 0.3g fat; 0.1g sat fat; 1.6g protein; 6.2g carbs; 3.6g fibre; 0mg chol; 46mg sodium.

Amira says:

All these drinks are best made using chilled fresh ingredients. Alternatively, add ice when blending or serve drinks over ice cubes.

CITRUS CIRCUS JUICE

SERVES 4 (MAKES 4 CUPS)

PREP 10 MINUTES

1 large ruby grapefruit, peeled, quartered
2 lemons, peeled, quartered
2 mandarins, peeled, segmented
4 oranges, peeled, quartered
1 lime, peeled, quartered

1 Place all ingredients in a blender or juicer. Blend until smooth.
2 Pour into glasses. Serve.
NUTRITION: (per serve) 519kJ; 0.4g fat; 0g sat fat; 2.7g protein; 23g carbs; 6.3g fibre; 0mg chol; 6mg sodium.

CHOCOLATE FIX SMOOTHIE

SERVES 4 (MAKES 4 CUPS)

PREP 5 MINUTES

1 tablespoon cacao powder
1 tablespoon maca powder
170g tub cacao yoghurt
½ teaspoon vanilla bean paste
400ml can light coconut milk
1 tablespoon dark agave syrup
2 bananas, chopped
2 tablespoons cashew spread

1 Place all ingredients in a blender. Blend until smooth and well combined.
2 Pour into glasses. Serve.
NUTRITION: (per serve) 1090kJ; 15.5g fat; 9.2g sat fat; 7.1g protein; 24.1g carbs; 3.1g fibre; 3mg chol; 41mg sodium.

GREEN SMOOTHIE

SERVES 4 (MAKES 4 CUPS)

PREP 10 MINUTES

1 Lebanese cucumber, quartered
1 cup baby spinach
½ avocado, chopped
1¼ cups chilled coconut water
2 tablespoons lime juice
2cm-piece fresh ginger
2 tablespoons fresh mint leaves
2 green apples, halved
1 cup almond milk
3 teaspoons black chia seeds

1 Place cucumber, spinach, avocado, coconut water, lime juice, ginger, mint, apple and milk in a blender. Blend until smooth and well combined. Stir in chia seeds.
2 Pour into glasses. Serve.
NUTRITION: (per serve) 610kJ; 6.7g fat; 1.2g sat fat; 2.4g protein; 18.3g carbs; 4.1g fibre; 0mg chol; 46mg sodium.

TROPICAL BEATS SMOOTHIE

SERVES 4 (MAKES 4 CUPS)

PREP 10 MINUTES

¼ rockmelon, peeled, seeded, chopped
¼ pineapple, peeled, chopped
¼ cup fresh mint leaves
1¼ cups chilled coconut water
1 cup (125g) chopped frozen mango

1 Place all ingredients in a blender. Blend until smooth and combined.
2 Pour into glasses. Serve.
NUTRITION: (per serve) 258kJ; 0.3g fat; 0.1g sat fat; 1.3g protein; 12.7g carbs; 1.8g fibre; 0mg chol; 20mg sodium. ■



POWER PUNCH JUICE

THE INFO

+ GLUTEN FREE
+ LOW SATURATED FAT
+ LOWER SODIUM

\$1.06
PER SERVE

CITRUS CIRCUS JUICE

THE INFO

+ GLUTEN FREE
+ LOW SATURATED FAT

\$1.56
PER SERVE

CHOCOLATE FIX SMOOTHIE

THE INFO

+ LOWER SODIUM

\$1.78
PER SERVE

GREEN SMOOTHIE

THE INFO

+ LOWER SODIUM
+ VEGAN

\$1.91
PER SERVE

TROPICAL BEATS SMOOTHIE

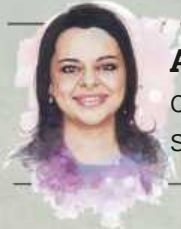
THE INFO

+ GLUTEN FREE
+ LOW SATURATED FAT

\$1.48
PER SERVE



BEST DRESSED



Amira says: With a hint of sweetness, this creamy citrus dressing plays well with lots of salads, including this roasted vegetable one



ROASTED VEGETABLE
SALAD WITH ORANGE,
TAHINI AND MINT
DRESSING

THE INFO

+ HEART FRIENDLY



ROASTED VEGETABLE SALAD

SERVES 4 (AS A SIDE)

PREP 15 MINUTES (PLUS COOLING)

COOK 20 MINUTES

400g cauliflower, cut into florets

1 red capsicum, thickly sliced

400g kent pumpkin, peeled,
cut into thin wedges

1 tablespoon extra virgin olive oil

250 packet cooked whole baby beetroot,
quartered (see Amira's tip)

60g baby spinach

$\frac{1}{4}$ cup chopped walnuts, toasted

2 tablespoons dried cranberries

1 quantity Orange, Tahini and Mint
dressing (see recipe, right)

2 teaspoons orange zest

$\frac{1}{4}$ cup fresh mint leaves

1 Preheat oven to 220°C/200°C fan-forced.
Line a large baking tray with baking paper
(see Amira's tip).

2 Place cauliflower, capsicum and pumpkin
in a bowl. Drizzle with oil. Season well with
salt and pepper. Toss to combine. Transfer
to prepared tray, spreading vegetables to
form a single layer.

3 Roast for 20 minutes or until vegetables
are browned and tender. Cool for
10 minutes.

4 Transfer vegetables to a bowl. Add
beetroot, spinach, walnuts and cranberries.
Drizzle salad with dressing and sprinkle
with orange zest and mint leaves. Serve.

NUTRITION: (per serve) 1326kJ; 20.3g fat;
2.2g sat fat; 9.8g protein; 21.8g carbs;
8.1g fibre; 0mg chol; 190mg sodium.

ORANGE, TAHINI AND MINT DRESSING

MAKES $\frac{2}{3}$ CUP

PREP 10 MINUTES

$\frac{1}{4}$ cup tahini

1½ teaspoons finely grated orange rind

2 tablespoons orange juice

2 tablespoons apple cider vinegar

1 teaspoon ground cumin

1 tablespoon finely chopped fresh mint

1 Place tahini, orange rind and juice,
vinegar, cumin and mint in a jug. Season
with salt and pepper. Stir to combine. ■

Amira says:

+ You can find packets of cooked whole baby
beetroot in the refrigerator in the fruit and
vegetable section of the supermarket.

+ Make sure your baking tray is large enough
to fit all the vegetables without over-crowding
them. If they're too close together, they'll
steam rather than caramelize and brown.





Available at Woolworths 

Cooking Instructions: Open pack.

Cooked and sliced **chicken** and **turkey** that you can enjoy straight out of the pack. New from Steggle's.

#justateit  





12

EASY AS



Claire says: Got cooked chook, spinach and eggs in the house? You've got dinner! These fast, flavourful dishes are heroically healthy and purse-friendly, too

CHICKEN, MINT AND PEA FRITTATA

THE INFO

+ LOW SATURATED FAT
+ ONE PAN

35

\$3.28
PER SERVE



CHICKEN, MINT AND PEA FRITTATA

SERVES 4

PREP 10 MINUTES (PLUS 2 MINUTES
STANDING) **COOK** 20 MINUTES

1 tablespoon extra virgin olive oil

4 green onions, thinly sliced

2 garlic cloves, crushed

1½ cups frozen peas

100g baby spinach

150g packet Steggles Just Eat It
oven-roasted chicken slices

⅓ cup roughly chopped fresh mint
leaves, plus extra leaves to serve

2 teaspoons finely grated lemon rind

6 eggs

½ cup reduced-fat milk

60g reduced-fat fetta, crumbled

Crusty bread, to serve

1 Heat oil in a 23cm (base) flameproof,
ovenproof frying pan over medium-high

heat. Add onion and garlic. Cook,
stirring occasionally, for 2 minutes or
until onion has softened. Add peas and
spinach. Cook, covered, for 2 minutes
or until spinach begins to wilt. Add
chicken, mint and lemon rind. Season
with pepper. Cook for 2 minutes or until
heated through.

2 Whisk eggs and milk together. Pour
over mixture in pan. Lift and tilt pan to
distribute egg mixture evenly. Sprinkle
with fetta. Reduce heat to low. Cook for
8 to 10 minutes or until almost set (mixture
will wobble slightly in the centre).

3 Meanwhile, preheat grill on high. Grill
frittata for 3 minutes or until top is golden
and mixture has set. Stand for 2 minutes.
Sprinkle frittata with extra mint leaves and
serve with crusty bread.

NUTRITION: (per serve) 1796kJ; 17.3g fat;
5.2g sat fat; 31.9g protein; 33.9g carbs;
6.3g fibre; 289mg chol; 820mg sodium.



CHICKEN GADO GADO SALAD

THE INFO

+ ASIAN
+ HIGH FIBRE

30

\$4.38
PER SERVE

3.5
SERVES OF
VEGIES

CHICKEN GADO GADO SALAD**SERVES 4****PREP 15 MINUTES COOK 15 MINUTES**

500g baby cream delight potatoes
 200g green beans, trimmed, halved
 4 eggs
 2 teaspoons rice bran oil
 300g firm tofu, cut into 2cm cubes
 ⅓ cup smooth peanut butter
 1 long red chilli, finely chopped
 165ml can light coconut milk
 1½ tablespoons kecap manis
 1 tablespoon lime juice
 1 carrot, peeled into ribbons
 1 Lebanese cucumber, sliced into rounds
 80g baby spinach
 150g packet Steggles Just Eat It oven-roasted chicken slices
 ⅓ cup bean sprouts, trimmed
 2 tablespoons chopped unsalted roasted peanuts
 Fresh coriander leaves and lime wedges, to serve

This traditional Indonesian salad is a mix of raw and cooked vegetables, tofu, eggs, chicken and spicy peanut sauce.

1 Using a fork, prick potatoes all over. Place in a microwave-safe dish with 2 tablespoons water. Cover with plastic wrap. Microwave on HIGH (100%) for 5 minutes. Add beans. Cover. Microwave on HIGH (100%) for a further 3 minutes or until potatoes are tender and beans are bright green. Drain. Thickly slice potatoes.
2 Meanwhile, place eggs in a small saucepan. Cover with cold water. Bring to the boil over high heat. Reduce heat to medium. Simmer gently for 4 minutes. Remove pan from heat. Carefully place eggs under cold running water to cool. Peel eggs and cut in half.
3 Heat oil in a non-stick frying pan over medium-high heat. Add tofu. Cook, turning, for 2 minutes or until golden. Transfer to a paper towel-lined plate. Drain remaining oil from pan. Reduce heat to medium. Add peanut butter, chilli, coconut milk and kecap manis. Cook, stirring, for 5 minutes or until smooth and mixture has thickened slightly. Stir in lime juice.
4 Arrange potato, beans, carrot, cucumber, spinach, chicken and tofu on plates. Drizzle with sauce and top with sprouts, peanuts and coriander. Serve with lime wedges.

NUTRITION: (per serve) 2297kJ; 30.3g fat; 8.2g sat fat; 34.1g protein; 31.9g carbs; 9.5g fibre; 192mg chol; 833mg sodium. ■

Available at Woolworths 

Ready in the time it takes to open the pack.

Cooked and sliced **chicken** and **turkey** that you can
enjoy straight out of the pack. New from Steggles.

#justateit  



GARLIC AND HERB
MUSHROOMS

THE INFO

+ GLUTEN FREE
+ HIGH FIBRE
+ ONE PAN

20

\$2.69
PER SERVE2
SERVES OF
VEGIESA BIT
ON THE SIDE

With high levels of vitamin C, garlic is good for you as well as for your food! Crushed, chopped or whole, this humble bulb adds deliciousness to simple sides

GARLIC AND HERB
MUSHROOMS

SERVES 4

PREP 10 MINUTES

COOK 10 MINUTES

30g butter, chopped

1 tablespoon extra virgin olive oil

4 garlic cloves, thinly sliced

600g mixed mushrooms, sliced (see note)

1/3 cup chopped fresh flat-leaf parsley

2 tablespoons chopped fresh chives

2 teaspoons lemon zest (see note)

1 Heat butter and oil in a large frying pan over medium-high heat. Add garlic. Cook, stirring, for 1 minute or until fragrant.

2 Add mushrooms. Cook, stirring occasionally, for 4 to 5 minutes or until mushrooms are golden and tender. Add parsley, chives and 1/2 of the lemon zest. Toss gently to combine. Season well with salt and pepper.

3 Serve mushrooms sprinkled with remaining lemon zest.

NUTRITION: (per serve) 624kJ; 11.2g fat; 4.7g sat fat; 5.2g protein; 3.9g carbs; 5.6g fibre; 11mg chol; 125mg sodium. >

Cook's note:

+ We used a mixture of button, Swiss brown and portobello mushrooms.

+ Use a lemon zester to make thin strips of rind.



VEGETABLE TRAY BAKE WITH ROASTED GARLIC DRESSING

SERVES 4

PREP 15 MINUTES COOK 40 MINUTES

2 medium zucchini, thickly sliced diagonally

400g butternut pumpkin, peeled, cut into 3cm pieces

1 medium red capsicum, cut into 4cm pieces

1 medium yellow capsicum, cut into 4cm pieces

1 large red onion, halved, cut into thin wedges

2 tablespoons extra virgin olive oil

250g punnet cherry tomatoes

6 garlic cloves, unpeeled

1 tablespoon balsamic vinegar

½ cup chopped fresh basil leaves

1 Preheat oven to 180°C/160°C fan-forced.

2 Place zucchini, pumpkin, capsicum, onion and oil in a large roasting pan. Season well with salt and pepper. Toss to combine.

3 Roast for 20 minutes. Add tomatoes and garlic. Toss to combine. Roast for a further 15 to 20 minutes or until vegetables are golden and tender.

4 Remove garlic from pan. Carefully squeeze garlic from skins and place in a small bowl. Using a fork, whisk in vinegar. Season with salt and pepper.

5 Using a potato masher, gently crush tomatoes in pan. Add basil and garlic dressing to vegetables. Toss gently to combine. Serve.

NUTRITION: (per serve) 781kJ; 9.9g fat; 1.3g sat fat; 4.4g protein; 18.9g carbs; 5g fibre; 0mg chol; 125mg sodium.

VEGETABLE TRAY BAKE WITH ROASTED GARLIC DRESSING

THE INFO

+ GLUTEN FREE
+ HEART FRIENDLY
+ ONE PAN

55

\$3.39
PER SERVE

4.5
SERVES OF
VEGIES



BROCCOLI WITH CRUNCHY GARLIC SOURDOUGH CRUMBS

SERVES 4

PREP 10 MINUTES COOK 10 MINUTES

2 slices fresh rye sourdough, torn
500g broccoli, cut into florets
40g butter, chopped
3 garlic cloves, crushed
2 tablespoons finely chopped fresh chives
75g feta, crumbled

- 1 Using a food processor, process sourdough until large coarse crumbs.
- 2 Cook broccoli in a large saucepan of boiling water for 2 to 3 minutes or until bright green and just tender. Drain well. Cover to keep warm.
- 3 Meanwhile, melt butter in a large frying pan over medium heat. Add garlic. Cook,

stirring, for 1 minute or until fragrant. Add breadcrumbs. Cook, stirring occasionally, for 2 to 3 minutes or until golden and crunchy. Remove from heat. Stir in chives.

4 Transfer broccoli to a serving plate. Sprinkle with feta and breadcrumb mixture. Season. Serve.

NUTRITION: (per serve) 902kJ; 13.5g fat; 8.3g sat fat; 11.1g protein; 7.6g carbs; 6.9g fibre; 27mg chol; 394mg sodium. >

Cook's note:

- + You can use any type of bread for this side, such as wholegrain, wholemeal or white.
- + This recipe also works well with a scattering of fresh mint leaves.

BROCCOLI WITH CRUNCHY GARLIC SOURDOUGH CRUMBS

THE INFO

+ HIGH FIBRE

20

\$1.49
PER SERVE

CRISPY GARLIC-TOPPED
CUMIN AND
SPINACH PILAF

THE INFO



CRISPY GARLIC-TOPPED CUMIN
AND SPINACH PILAF

SERVES 4

PREP 10 MINUTES COOK 35 MINUTES

20g butter

1 medium brown onion, finely chopped

2 teaspoons cumin seeds

½ teaspoon ground turmeric

1½ cups basmati rice

3 cups salt-reduced chicken stock

100g baby spinach

2 tablespoons vegetable oil

4 large garlic cloves, thinly sliced

2 tablespoons chopped fresh coriander

Fresh coriander sprigs, to serve

1 Melt butter in a medium saucepan over medium heat. Add onion. Cook, stirring occasionally, for 5 minutes or until

softened. Add cumin seeds and turmeric. Cook, stirring for 1 minute or until fragrant. Add rice. Stir for 1 minute to coat.

2 Stir in stock. Bring to the boil. Reduce heat to low. Cover with a lid. Simmer for 18 to 20 minutes or until rice is tender and liquid is absorbed. Fluff rice with a fork to separate grains. Stir in spinach. Cover. Stand for 3 to 4 minutes or until spinach wilts.

3 Meanwhile, heat oil in a small frying pan over medium-high heat. Add garlic. Cook, stirring constantly, for 2 to 3 minutes or until garlic is golden and crisp (see note). Using a slotted spoon, transfer garlic to a plate lined with paper towel.

4 Stir coriander into pilaf. Serve sprinkled with crispy garlic and coriander sprigs.

NUTRITION: (per serve) 1790kJ; 14.3g fat; 4.1g sat fat; 8.1g protein; 65.6g carbs; 2.5g fibre; 7mg chol; 523mg sodium.

Cook's note:

Be careful not to burn the garlic or it will taste bitter. Remove the garlic from the pan once it starts to turn golden as it will continue to cook a little further on standing.





CREAMY GARLIC MASH

SERVES 4

PREP 10 MINUTES COOK 30 MINUTES

**800g sebago potatoes, peeled,
cut into 3cm pieces**

3 garlic cloves, chopped

$\frac{3}{4}$ cup milk

$\frac{1}{2}$ cup pure cream

20g butter, chopped

Extra virgin olive oil, to drizzle

Fresh thyme leaves, to serve

1 Place potato, garlic, milk and cream in a large saucepan (see note) over medium heat. Bring to a simmer (do not boil). Reduce heat to low. Cover. Simmer gently for 15 minutes. Remove lid. Simmer for a further 5 to 7 minutes or until

potatoes are tender. Remove from heat.

2 Using a ladle, remove and discard $\frac{1}{3}$ cup of the milk mixture. Add butter to the potato mixture. Mash until smooth. Season well with salt and pepper.

3 Serve mash drizzled with oil and sprinkled with thyme leaves.

NUTRITION: (per serve) 1109kJ; 14.8g fat; 9.4g sat fat; 5.9g protein; 24.8g carbs; 3.1g fibre; 34mg chol; 130mg sodium. ■

Cook's note:

It's best to use a heavy-based saucepan for this garlic mash as the cream and milk may catch and burn on the base of a lighter pan.

CREAMY GARLIC MASH

THE INFO

+ GLUTEN FREE

40

\$1.12
PER SERVE

2
SERVES OF
VEGIES

AVOCADO 101



Amira says: Simply smashed with salty fetta on sourdough toast, or made into a spiced creamy South American soup, there are 101 ways to 'ave an avo! Here are just a few...

Early start

This buttery fruit first made it to Australia in 1840 when it was planted in the Royal Botanic Gardens in Sydney. Although the first commercial crop was in the 1930s, demand didn't take off until the US troops stationed here in WWII raised awareness of it. The 1970s saw it grace the menus of sophisticated hostesses as an entrée; half an avocado with vinaigrette pooled in the hole. Nowadays, its mashed and fed to babies and is found in the fruit bowls of most Australian households.

Hot for Hass

There are five main varieties of avocados in Australia: Hass, Shepard, Reed, Sharwil and Wurtz. Hass accounts for 80 per cent of avocado production in Australia, while Shepard makes up 10 per cent, leaving only 10 per cent between the other three varieties. Unlike Hass avocados, the Shepard variety doesn't go brown once cut, making their buttery flesh ideal in salads.

Goodness me

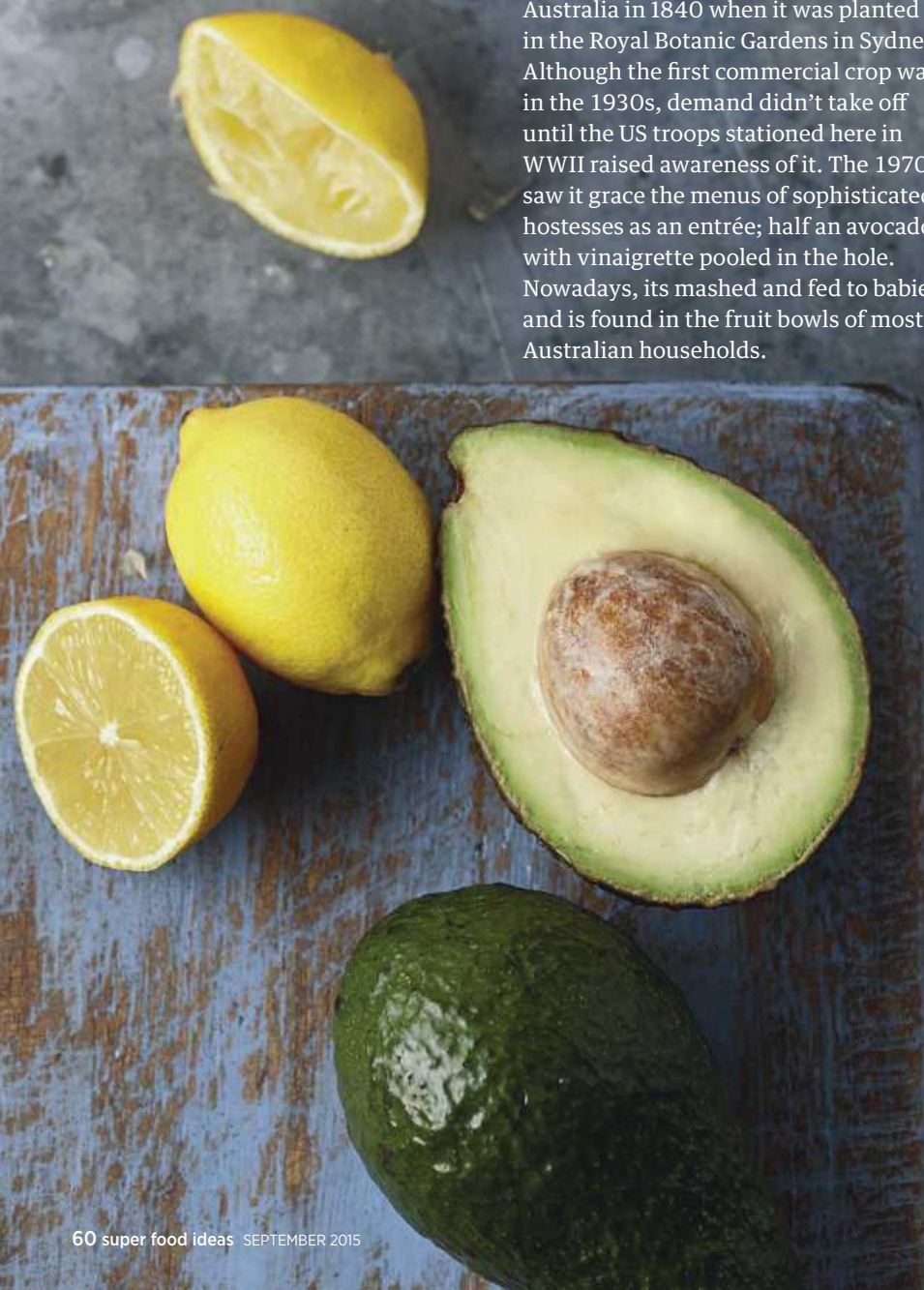
Avocados are an absolute treasure trove of nutrients. They contain 60 per cent more potassium than bananas, are a great source of fibre, folate, vitamins K, E and C, and are high in monounsaturated fat (that's the good fat), which makes you feel fuller for longer!

Let it rip(e)

When selecting avocados, apply gentle pressure to the stem end – if it's ripe, it should yield a little. Try not to squeeze the middle as the flesh bruises easily. To ripen avocados, store them at room temperature not in the fridge. If you need to speed up the process, place them in a brown paper bag with a banana or apple, as these fruits release a plant hormone that assists in ripening. Once an avocado is at its ideal ripeness, store it in the fridge for up to three days.

Match made in heaven

Avocados go perfectly with lime, lemon, coriander, salmon, garlic, corn, tomato, chicken, bacon and prawns. >





HASS

SHEPARD



CHILLED COLOMBIAN
AVOCADO SOUP

THE INFO

\$2.27
PER SERVE



CHILLED COLOMBIAN AVOCADO SOUP

SERVES 6 (AS A STARTER)

PREP 15 MINUTES (PLUS COOLING AND REFRIGERATION) **COOK** 10 MINUTES

- 2 tablespoons extra virgin olive oil
- 2 garlic cloves, crushed
- 2 teaspoons ground cumin
- 3 cups chicken stock
- 300ml light thickened cream
- 3 avocados
- ¼ cup lime juice
- 1 corn cob, husk and silk removed
- 1 tomato, seeded, finely chopped
- 2 tablespoons chopped fresh coriander

1 Heat 2 teaspoons oil in a medium saucepan over medium heat. Add garlic and cumin. Cook, stirring, for 30 seconds or until fragrant. Add stock. Bring to a simmer. Remove from heat. Stir in cream. Cool for 20 minutes.

2 Roughly chop 2½ avocados. Wrap remaining avocado half in plastic wrap to prevent it from browning. Place chopped avocado, lime and stock mixture in a blender or food processor. Process until smooth. Season well with salt and pepper. Transfer to a bowl. Cover. Refrigerate for 1 hour or until cold.

3 Heat 2 teaspoons of remaining oil in a small frying pan over high heat. Cook corn, turning, for 6 minutes or until charred. Transfer to a board. Stand for 2 minutes or until cool enough to handle. Using a sharp knife, cut kernels from cob. Transfer to a bowl. Finely dice reserved avocado. Add to corn with tomato and coriander. Season with salt and pepper.

4 Serve soup topped with salsa and drizzled with remaining oil.

NUTRITION: (per serve) 1777kJ; 33.8g fat; 10.9g sat fat; 5.3g protein; 6.6g carbs; 2.7g fibre; 35mg chol; 661mg sodium.

PAPRIKA PRAWN SKEWERS WITH AVOCADO CAULIFLOWER MASH

SERVE 6

PREP 20 MINUTES **COOK** 15 MINUTES

YOU'LL NEED 8 SMALL PRE-SOAKED

BAMBOO SKEWERS OR METAL SKEWERS.

400g cream delight potatoes,
peeled, chopped

400g cauliflower, cut into florets

2 garlic cloves, peeled,
quartered

1 avocado, chopped

1 tablespoon lemon juice

2 tablespoons extra virgin olive oil

2 teaspoons smoked paprika

24 large green king prawns, peeled
(tails intact), deveined

1 lemon, cut into 8 wedges

1 bunch broccolini, steamed

¼ cup fresh flat-leaf parsley leaves

1 Place potato, cauliflower and garlic in a medium saucepan. Cover with water. Bring to the boil over high heat. Boil for 10 minutes or until tender. Drain well. Return to pan. Add avocado, lemon juice and ½ the oil. Mash until smooth. Season well with salt and pepper.

2 Meanwhile, combine remaining oil and paprika in a large bowl. Season with salt and pepper. Add prawns. Toss to coat. Thread prawns and lemon wedges onto 8 skewers.

3 Heat a chargrill pan or barbecue grill over medium-high heat. Cook skewers for 2 minutes each side or until prawns have turned pink in colour and are just cooked through, and lemon wedges are charred.

4 Serve skewers with mash and broccolini and sprinkled with parsley.

NUTRITION: (per serve) 1588kJ; 19.4g fat; 3.4g sat fat; 30.6g protein; 17.4g carbs; 5.8g fibre; 170mg chol; 545mg sodium. >

PAPRIKA PRAWN
SKEWERS WITH AVOCADO
CAULIFLOWER MASH

THE INFO

+ GLUTEN FREE
+ LOW SATURATED FAT
+ LOWER SODIUM

35

\$5.94
PER SERVE

3.5
SERVES OF
VEGIES





AVOCADO CORNBREAD

THE INFO

+ LOW SATURATED FAT

\$1.15
PER SERVE

AVOCADO CORNBREAD

SERVES 6 (AS A SIDE)

PREP 10 MINUTES (PLUS 5 MINUTES
STANDING) **COOK** 55 MINUTES

- 1 avocado, peeled, chopped
- 1 ¼ cups polenta
- 1 cup self-raising flour
- 1 cup buttermilk
- 2 tablespoons chopped fresh sage
- 1 teaspoon salt
- 2 tablespoons caster sugar
- 2 eggs
- 1 teaspoon Mexican chilli powder

1 Preheat oven to 190°C/170°C fan-forced. Grease a 5cm-deep, 11cm x 21cm (base) loaf pan. Line base and sides of pan with baking paper.

2 Process avocado in a food processor until smooth. Add polenta, flour, buttermilk, sage, salt, sugar, eggs and chilli powder. Process until just smooth

and combined. Pour into prepared pan. Smooth surface.

3 Bake for 50 to 55 minutes or until a skewer inserted into the centre of loaf comes out clean (cover loosely with foil if overbrowning). Stand in pan for 5 minutes. Turn, top-side up, onto a wire rack to cool slightly. Serve cornbread warm.

NUTRITION: (per serve) 1386kJ; 9.7g fat; 2.5g sat fat; 9.8g protein; 49.9g carbs; 2.6g fibre; 66mg chol; 616mg sodium.



Amira says:

This cornbread is a fantastic dipper for spicy soups and stews.

I like to make a double batch and pop one in the freezer for another occasion. Wrap the loaf in plastic wrap, then foil and freeze for up to 3 months. Thaw in the fridge or at room temperature.

AVOCADO PESTO PASTA WITH HOT-SMOKED SALMON

THE INFO

20

\$4.98
PER SERVE

3.5
SERVES OF
VEGIES



AVOCADO PESTO PASTA WITH HOT-SMOKED SALMON

SERVES 4

PREP 10 MINUTES COOK 10 MINUTES

375g dried wide fettuccine
 3 cups loosely packed fresh basil leaves
 1 garlic clove, chopped
 2 tablespoons walnuts, toasted
 1 teaspoon finely grated lemon rind
 ¼ cup lemon juice
 2 avocados
 2 tablespoons extra virgin olive oil
 100g baby rocket
 250g cherry tomatoes, halved
 185g peppered hot-smoked salmon,
 skin removed, flaked
 Fresh basil leaves, to serve

1 Cook pasta following packet directions. Drain, reserving ¼ cup cooking water. Cover pasta to keep warm.
 2 Place basil, garlic, walnuts, lemon rind and juice into a food processor. Process until finely chopped. Roughly chop 1 avocado. Add chopped avocado, oil and 2 tablespoons reserved cooking water to basil mixture. Process until smooth and combined (if mixture is too thick, add remaining tablespoon of cooking liquid). Season well with salt and pepper.
 3 Combine pasta, pesto, rocket, tomato and salmon in a large bowl. Slice remaining avocado. Serve pasta topped with sliced avocado and basil.

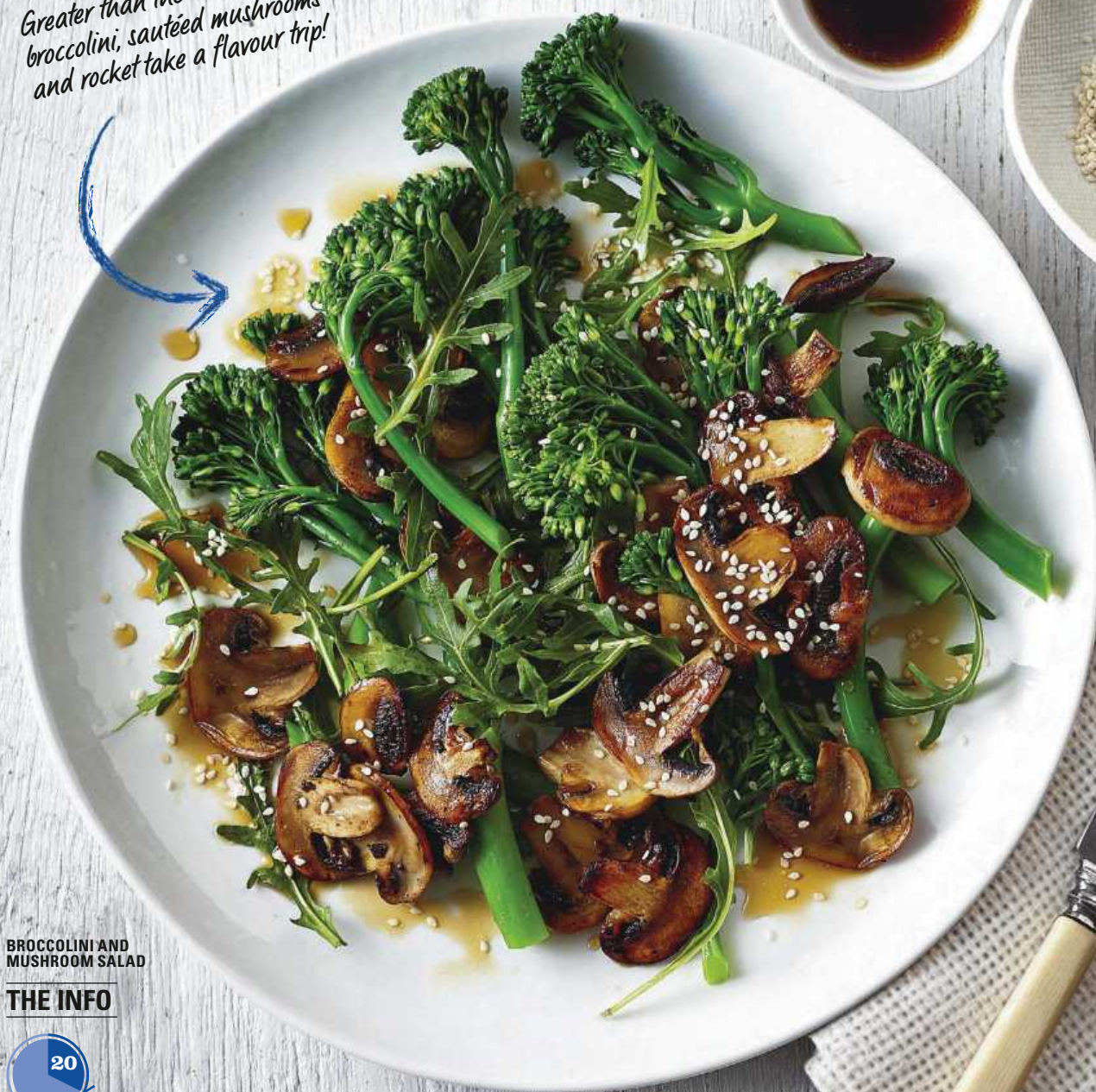
NUTRITION: (per serve) 3123kJ; 36.7g fat; 6.9g sat fat; 28.8g protein; 71.6g carbs; 6.5g fibre; 36mg chol; 251mg sodium. ■

SIMPLE SIDES

We're always on the hunt for quick, easy sides that go with different meals and really deliver on flavour. Thanks for this one, Best Recipes member Kim

winner!

Greater than the sum of its parts, broccolini, sautéed mushrooms and rocket take a flavour trip!



BROCCOLINI AND
MUSHROOM SALAD

THE INFO



BROCCOLINI AND MUSHROOM SALAD

SERVES 4

PREP 10 MINUTES COOK 10 MINUTES

- 1 bunch broccolini
- 20g butter
- 1 teaspoon crushed garlic
- 150g cup mushrooms, sliced
- 70g baby rocket
- ½ teaspoon sesame seeds

Dressing

- 2 tablespoons soy sauce
- 2 tablespoons white vinegar
- 1 tablespoon honey
- ¼ teaspoon sesame oil

- 1 Cut broccolini into 4cm lengths. Bring a small saucepan of water to the boil over high heat. Add broccolini stems. Cook for 2 minutes. Add broccolini florets. Cook for a further 1 minute or until just tender. Drain. Rinse under cold water. Drain well.
- 2 Return saucepan to medium-high heat. Add butter and garlic. Cook for 30 seconds or until butter is melted. Add mushroom. Cook, stirring occasionally, for 5 minutes or until mushrooms are golden and tender. Remove from heat.
- 3 **Make Dressing** Place soy sauce, vinegar, honey and oil in a small jug. Whisk with a fork until well combined.
- 4 Place rocket on a serving plate. Top with mushroom and broccolini. Drizzle with dressing and sprinkle with sesame seeds. Serve.

NUTRITION: (per serve) 450kJ; 4.8g fat; 2.8g sat fat; 4.8g protein; 10.9g carbs; 1.9g fibre; 7mg chol; 707mg sodium. ■



Winner's bio

NAME:

Kim Spiteri

PROFILE NAME:

LandofZonkt

THEME:

Simple sides

RECIPE:

Broccolini and Mushroom Salad

WHEN DO YOU LIKE TO COOK THIS DISH?

"Midweek as it's quick to whip up. I make it during the warmer months, but it's so versatile you can also prepare it on cooler nights as a warm salad. It's an easy side that goes well with any protein you fancy."

BestRecipes.com.au

We also liked... Thanks to all of you who submitted your fabulous recipes. Here are some of our favourites...



Brussels Sprouts with Roasted Pine Nuts and Almond Flakes

PROFILE NAME:
VEGGIE_ART

Lightly pan-fried with a hint of nutmeg and caraway seeds, this recipe converted one of our judges from hating to liking brussels sprouts! It's quick with a flavour hit.



Fried Florets

PROFILE NAME:
SERYEM

Cauliflower is given a delicious makeover with this quick and easy dish. Garlic lovers won't be able to resist the creamy yoghurt sauce – it gives the cauliflower a real boost. It goes particularly well with lamb and beetroot.



Smash Pie

PROFILE NAME:
JUDI55

Mashed potato is baked into a creamy side with hints of rosemary and garlic. An ideal dish to serve with sausages, a roast dinner or your favourite slow-cooked weeknight meal. Mash made better!

Are you the next Home Cook Hero?



Whether you're a secret baker or proud instagrammer, pull on your oven mitts because Best Recipes is looking for the most original Easy Baking

recipe. Share your sweet or savoury bake and you could snare \$1000, have your recipe published in *Super Food Ideas* and be featured as Australia's Home Cook Hero*!

*Competition opens on 01/10/14 and closes on 31/08/15. Only one winner per household (except in SA). Monthly prize is \$1000. Winners will be the most original and creative entry as judged on the last day of each month. Winners will be notified within 2 weeks of judging. This is a game of skill. Promoter is NewsLifeMedia Pty Ltd (ABN: 57 088 923 906), 2 Holt St, Surry Hills, NSW 2010. Winners are required for interview with Promoter, which may be published. For full terms, visit bestrecipes.com.au.



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SALMON WITH SPINACH AND EDAMAME RICE

SERVES 4

PREP 15 MINUTES **COOK** 30 MINUTES

FOR THIS RECIPE, YOU'LL NEED FOUR 25CM SQUARE PIECES OF FOIL AND FOUR 10CM X 15CM PIECES OF BAKING PAPER.

- 1 teaspoon S&B Wasabi paste
- 2cm piece fresh ginger, peeled, finely grated
- 2 garlic cloves, crushed
- 1 tablespoon mirin
- 1 teaspoon caster sugar
- 2 teaspoons sesame seeds
- ¼ cup tamari
- 4 cups (400g) frozen edamame, thawed
- 4 x 150g skinless boneless salmon fillets
- 1 cup dried brown rice and quinoa blend
- 100g snow peas, trimmed, halved diagonally
- 2 teaspoons sesame oil
- 3 green onions, thinly sliced diagonally
- 50g baby spinach

1 Preheat oven to 200°C/180°C fan-forced. Combine wasabi, ginger, garlic, mirin, sugar, sesame seeds and tamari in a small bowl. Squeeze soy beans from pods. Discard pods.

2 Place 1 piece of baking paper onto the centre of each piece of foil. Top each with a salmon fillet and drizzle with 1 tablespoon of tamari mixture. Fold edges of foil together to enclose filling. Place parcels on a baking tray. Bake for 20 minutes, for medium, or until cooked to your liking.

3 Meanwhile, cook rice blend following absorption method on packet, adding soy beans and snow peas in the last 5 minutes of cooking. Remove from heat. Stir in oil, ¾ of the onion and remaining tamari mixture. Top with spinach. Set aside, covered, for 5 minutes. Stir to combine.

4 Divide rice mixture between plates. Carefully open parcels and transfer salmon and sauce to plates. Serve topped with remaining onion.

NUTRITION: (per serve) 2355kJ; 22g fat; 4.6g sat fat; 43.4g protein; 46.3g carbs; 5.4g fibre; 97mg chol; 993mg sodium. ■

SFI recommends:

S&B Wasabi paste comes in a ready-to-use, easy-squeeze tube, so you can add zing to steaks, mayo dips and dressings anytime.



SALMON WITH SPINACH AND EDAMAME RICE

THE INFO

- + ASIAN
- + HIGH FIBRE
- + LOW SATURATED FAT

45

\$6.57
PER SERVE

WEEKEND

HOST A **LIGHT THAI NIGHT** » OUR MERINGUES
REACH NEW HEIGHTS » **SWEET SAMBOS**
FOR THE KIDS' PARTY » **CUTE FOX TAKES**
THE CAKE » POP'S **FAMED FISH CAKES**



Menu

DRINK

Lemongrass, Ginger
and Lime Crush

STARTERS

Sweet Chilli
Dipping Sauce

Coconut and
Peanut Prawns

Chicken and
Prawn 'Moneybag'
Meatballs

Sticky Pork
Bundles

MAIN

Barbecued Green
Beef Curry Skewers
with Tamarind
Eggplant

Chicken and Tofu
Pad Thai

Spicy Fish Curry

DESSERT

Fruit with Lime
and Chilli Dipping
Salt

THAI FOOD

made light



Kim says: Stir-frying, rather than deep-frying, and going easy on the oil and coconut cream, means you can still enjoy all of your favourite Thai dishes



SWEET CHILLI DIPPING SAUCE

MAKES ABOUT 3 CUPS

PREP 10 MINUTES (PLUS COOLING)

COOK 15 MINUTES

- 2 cups caster sugar
- 3 long red chillies
- 1 Lebanese cucumber, seeded, finely chopped
- 2 tablespoons lime juice
- 1 tablespoon white vinegar

1 Combine sugar and 2 cups water in a medium saucepan over medium-high heat. Cook, stirring, for 5 minutes or until sugar is dissolved. Bring to the boil. Boil for 5 minutes, without stirring, or until mixture thickens slightly.

2 Meanwhile, cut 1 chilli into thin rounds. Remove and discard seeds from remaining 2 chillies. Cut chillies into long thin strips.

3 Add chilli and cucumber to sugar mixture. Cook, without stirring, for 2 minutes. Remove from heat. Cool completely. Stir in lime juice and vinegar. Season. Serve.

NUTRITION: (per tablespoon) 201kJ; 0.01g fat; 0g sat fat; 0.07g protein; 12.4g carbs; 0.1g fibre; 0mg chol; 14mg sodium.

LEMONGRASS, GINGER AND LIME CRUSH

SERVES 8

PREP 10 MINUTES (PLUS COOLING)

COOK 15 MINUTES

- 1 cup caster sugar
- 2 stalks lemongrass, trimmed
- ½ cup lime juice
- ¾ cup chilled coconut water
- 1 litre ginger beer
- 4 cups crushed ice
- 8 sprigs fresh mint

1 Place sugar and 1½ cups water in a small saucepan over medium-high heat. Cook, stirring, for 5 minutes or until sugar is dissolved.

2 Cut each lemongrass stalk into 4 long pieces. Add to saucepan. Bring to the boil.

Simmer, without stirring, for 8 to 10 minutes or until mixture thickens slightly. Remove from heat. Set aside to cool completely.

3 Combine lime juice, cooled sugar syrup (with lemongrass), coconut water and ginger beer in a jug. Divide ice among serving glasses. Add a sprig of mint to each glass. Pour lemongrass mixture over ice. Stir well. Serve immediately.

COCONUT AND PEANUT PRAWNS

SERVES 8 (AS PART OF A MENU)

PREP 20 MINUTES (PLUS 20 MINUTES REFRIGERATION) **COOK** 10 MINUTES

- 2 tablespoons soy sauce
- 1 tablespoon finely grated lime rind
- ¼ cup lime juice
- 3 garlic cloves, crushed
- ½ teaspoon cracked black pepper
- 1kg medium green prawns, peeled, tails intact, deveined
- 1 cup shredded coconut, toasted
- ⅓ cup roasted salted peanuts, chopped



COCONUT AND PEANUT PRAWNS

THE INFO

+ ASIAN

50

\$3.22 PER SERVE

SWEET CHILLI DIPPING SAUCE

THE INFO

+ ASIAN

\$3.43 PER 3 CUPS



LEMONGRASS, GINGER AND LIME CRUSH

THE INFO

\$1.27 PER SERVE

CHICKEN AND PRAWN 'MONEYBAG' MEATBALLS

THE INFO

+ LOW SATURATED FAT
+ ASIAN

55

\$1.73 PER SERVE

2 tablespoons honey

Sweet Chilli Dipping Sauce (see recipe, left), fresh coriander sprigs and lime wedges, to serve

1 Combine soy sauce, lime rind and juice, garlic and pepper in a glass or ceramic bowl. Add prawns. Toss to coat. Cover. Refrigerate for 20 minutes.

2 Heat a barbecue plate or chargrill over medium heat. Cook prawns for 2 to 3 minutes each side or until golden and just cooked through.

3 Meanwhile, combine coconut and peanuts in a bowl. Place honey in a separate bowl. Toss prawns in honey, then in coconut mixture to coat. Transfer to a plate. Serve immediately with Sweet Chilli Dipping Sauce, coriander sprigs and lime wedges.

NUTRITION: (per serve without sweet chilli sauce) 747kJ; 8.8g fat; 4.9g sat fat; 15.9g protein; 8.1g carbs; 1.5g fibre; 93mg chol; 566mg sodium.

CHICKEN AND PRAWN 'MONEYBAG' MEATBALLS

SERVES 8 (AS PART OF A MENU)

PREP 25 MINUTES **COOK** 30 MINUTES

500g chicken mince

200g peeled green prawns, chopped

½ teaspoon cracked black pepper

2 kaffir lime leaves, deveined, very finely chopped

3cm piece fresh ginger, finely grated

2 garlic cloves, crushed

2 tablespoons soy sauce

½ cup panko breadcrumbs

125g can corn kernels, drained

1 tablespoon sunflower oil

Sweet Chilli Dipping Sauce (see recipe, left), lime wedges and fresh coriander sprigs, to serve

1 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper.

2 Combine mince, prawn, pepper, lime leaves, ginger, garlic, soy sauce, breadcrumbs and corn in a bowl. Season

with salt. Roll level tablespoons of mixture into balls.

3 Heat oil in a large frying pan over medium-high heat. Cook meatballs, in 2 batches, turning, until just golden. Transfer to prepared tray.

4 Bake meatballs for 15 to 20 minutes or until browned and cooked through. Serve with Sweet Chilli Dipping Sauce and lime wedges and sprinkled with coriander sprigs.

NUTRITION: (per serve without sweet chilli sauce) 709kJ; 6.6g fat; 1.5g sat fat; 19.6g protein; 7.3g carbs; 1g fibre; 72mg chol; 536mg sodium.

STICKY PORK BUNDLES

SERVES 8 (AS PART OF A MENU)

PREP 20 MINUTES **COOK** 1 HOUR

1 tablespoon sunflower oil

500g diced pork, cut into 1cm pieces

2 garlic cloves, crushed

2cm piece fresh ginger, peeled, finely grated

2 tablespoons grated palm sugar

2 small red chillies, seeded, finely chopped

2 teaspoons fish sauce

1 tablespoon white vinegar

2 tablespoons dark soy sauce

1 tablespoon desiccated coconut

2 teaspoons lime juice

16 large baby spinach leaves

1 eschalot, finely chopped

2 tablespoons finely chopped roasted salted peanuts

¼ cup fresh mint leaves

Lime wedges and extra sliced red chilli, to serve

1 Heat ½ the oil in a medium saucepan over medium-high heat. Cook pork, in batches, for 4 minutes or until browned all over. Transfer to a bowl.

2 Heat remaining oil in pan. Add garlic and ginger. Cook, stirring, for 1 minute or until fragrant. Return pork to pan. Add sugar, chilli, fish sauce, vinegar and soy sauce. Stir to combine. Cover. Bring to the boil. Reduce heat to low. Simmer for 20 minutes.

3 Remove lid. Add coconut. Season with salt and pepper. Simmer, uncovered, for 30 minutes or until pork is tender and most of the liquid is absorbed. Crush pork with a fork to shred slightly. Stir in lime juice.

4 Serve pork on spinach leaves, topped with eschalot, peanuts, mint, lime and extra chilli.

NUTRITION: (per serve) 601kJ; 6.3g fat; 1.5g sat fat; 15.8g protein; 5g carbs; 1.3g fibre; 44mg chol; 580mg sodium. >



STICKY PORK BUNDLES

THE INFO

+ LOW SATURATED FAT
+ ASIAN

\$1.70
PER SERVE



BARBECUED GREEN
CURRY BEEF SKEWERS
WITH TAMARIND
EGGPLANT

THE INFO

+ HIGH IN IRON
+ ASIAN

\$4.87
PER SERVE





SPICY FISH CURRY

THE INFO

+ HIGH FIBRE
+ LOWER SODIUM
+ ASIAN





BARBECUED GREEN CURRY BEEF SKEWERS WITH TAMARIND EGGPLANT

THE INFO

+ HIGH IN IRON
+ ASIAN

\$4.87
PER SERVE

BARBECUED GREEN CURRY BEEF SKEWERS WITH TAMARIND EGGPLANT

SERVES 8 (AS PART OF A MENU)

PREP 20 MINUTES (PLUS 4 HOURS MARINATING) **COOK** 20 MINUTES

- 1 stalk lemongrass, finely chopped (white part only)
- 2 garlic cloves, crushed
- 3cm piece galangal, peeled, finely grated
- 2cm piece fresh ginger, peeled, finely grated
- 1 tablespoon sunflower oil
- 1.4kg beef rump steak, trimmed, cut into 6cm pieces

Tamarind Eggplant

- 4 large baby eggplant, halved lengthways
- 1½ tablespoons tamarind purée
- 1 teaspoon sambal oelek
- 2 garlic cloves, crushed
- 1½ tablespoons soy sauce
- Fresh coriander sprigs, to serve

Green Curry Dressing

- 4 small green chillies, seeded, finely chopped
- 1 eschalot, finely chopped
- 3 kaffir lime leaves, deveined, finely chopped
- 2 teaspoons fish sauce

6 fresh coriander roots, washed, finely chopped

2 tablespoons chopped fresh coriander leaves

1 tablespoon grated palm sugar
½ cup lime juice

1 tablespoon sunflower oil

1 Combine lemongrass, garlic, galangal, ginger and oil in a glass or ceramic bowl. Add beef. Toss to coat. Cover. Refrigerate for 4 hours.

2 **Make Tamarind Eggplant** Using a small knife, score eggplant flesh crossways at 1cm intervals, being careful not to cut the whole way through. Place in a glass or ceramic bowl. Whisk tamarind, sambal, garlic and soy sauce in a jug until combined. Pour over eggplant. Toss to combine. Cover. Refrigerate for 4 hours.

3 Thread ¼ of the beef onto 2 metal skewers, side-by-side. Repeat with remaining beef and 6 more skewers.

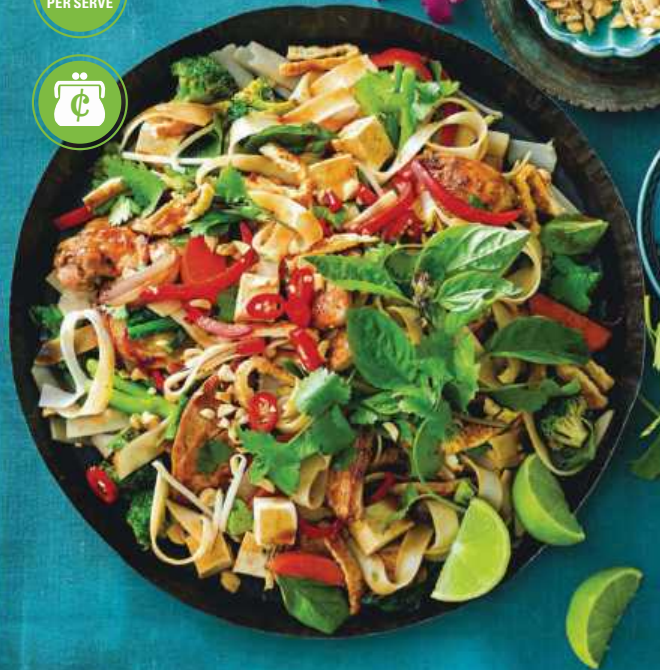
4 Heat a greased barbecue plate or charrill pan on medium-high heat. Grill eggplant, turning, for 10 minutes or until browned and starting to collapse, basting with

CHICKEN AND TOFU PAD THAI

THE INFO

+ HIGH FIBRE
+ LOWER SATURATED FAT
+ ASIAN

\$2.49
PER SERVE



marinade during cooking. Transfer to a plate. Cover to keep warm.

5 Cook beef for 4 to 5 minutes each side, for medium, or until browned and cooked to your liking. Transfer to a plate. Cover loosely with foil. Set aside for 5 minutes to rest.

6 Meanwhile, make Green Curry Dressing

Place all ingredients in a screw-top jar. Season with salt and pepper. Secure lid. Shake well to combine. Drizzle beef with dressing and sprinkle eggplant with coriander sprigs. Serve.

NUTRITION: (per serve) 1170kJ; 12.3g fat; 3.8g sat fat; 36.6g protein; 5.5g carbs; 1.5g fibre; 104mg chol; 471mg sodium.

CHICKEN AND TOFU PAD THAI

SERVES 8 (AS PART OF A MENU)

PREP 25 MINUTES (PLUS REFRIGERATION) **COOK** 15 MINUTES

2 chicken breasts, thinly sliced

2 garlic cloves, crushed

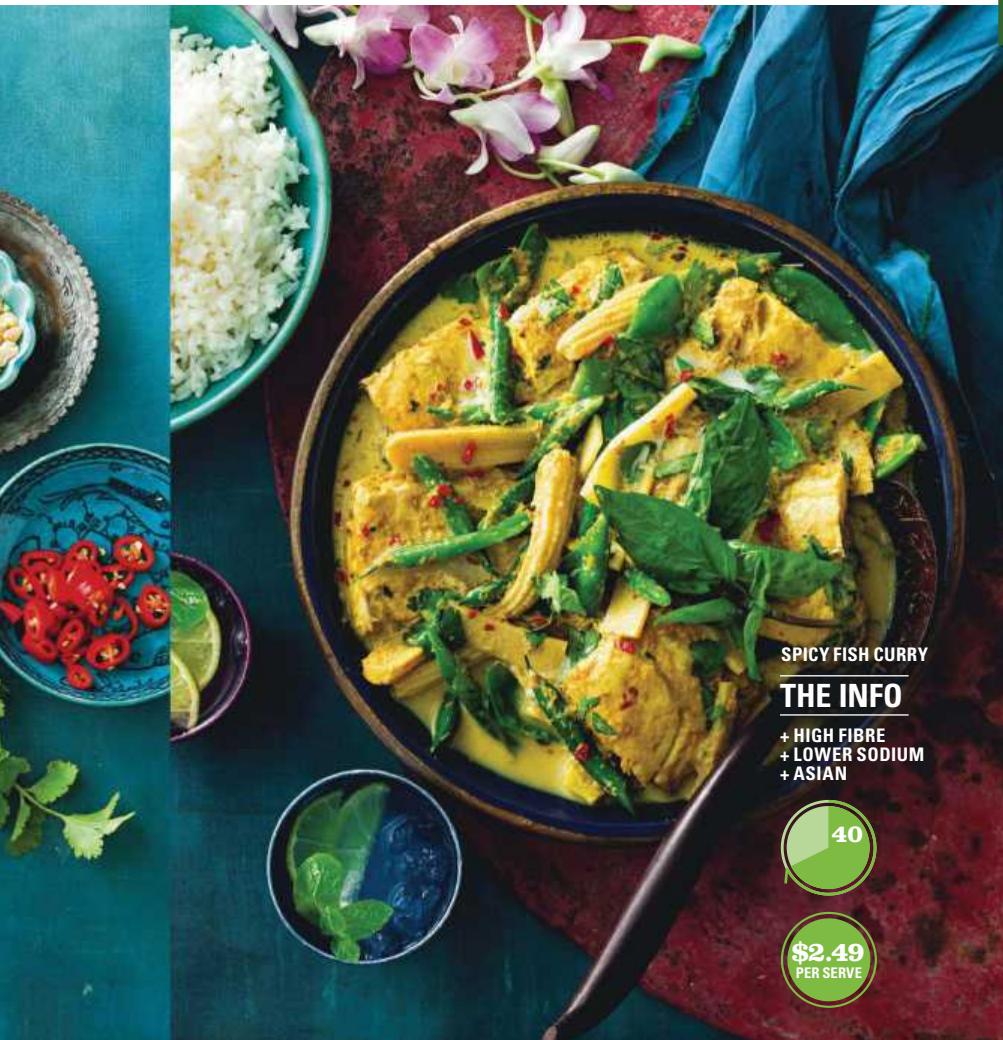
½ cup kecap manis

200g packet dried pad Thai noodles

1 tablespoon sunflower oil

2 eggs, lightly beaten

½ red onion, cut into thin wedges



SPICY FISH CURRY

THE INFO

+ HIGH FIBRE
+ LOWER SODIUM
+ ASIAN

40

\$2.49
PER SERVE

SPICY FISH CURRY

SERVES 8 (AS PART OF A MENU)

PREP 20 MINUTES **COOK** 20 MINUTES

2 stalks lemongrass, trimmed, chopped
5cm piece fresh ginger, peeled, chopped
5cm piece galangal, peeled, chopped
3 garlic cloves, quartered
6 fresh coriander roots, washed
8 small red chillies, seeded
2 teaspoons shrimp paste
2 teaspoons ground coriander
1 teaspoon ground cumin
¼ teaspoon ground turmeric
1 tablespoon sunflower oil
5 kaffir lime leaves, deveined, halved
1 tablespoon grated palm sugar
700g firm white fish fillets,
cut into 8 pieces
100g snow peas, trimmed, halved
100g green beans, trimmed, halved
225g can bamboo shoot slices,
drained, rinsed
410g can baby corn spears, drained,
rinsed, halved lengthways
¼ cup fresh Thai basil leaves, torn,
plus extra to serve
¼ cup chopped fresh coriander
165ml can coconut milk
Steamed jasmine rice, to serve

1 Place lemongrass, ginger, galangal, garlic, coriander root, chilli, shrimp paste, ground coriander, cumin, turmeric, oil, ½ the lime leaves and 1 tablespoon water in the bowl of a small food processor. Process until mixture forms a paste, adding an extra tablespoon water if needed.
2 Heat a large saucepan over medium-high heat. Add chilli paste. Cook, stirring, for 2 minutes or until fragrant. Add sugar and 2½ cups of water. Bring to the boil. Add fish and remaining lime leaves. Cover. Reduce heat to low. Simmer for 10 minutes or until fish is just cooked through.
3 Add snow peas, beans, bamboo shoots and corn. Simmer for 2 minutes or until snow peas are just tender. Stir in basil, coriander and ½ the coconut milk. Season. Drizzle curry with remaining coconut milk. Top with extra basil. Serve with rice.
NUTRITION: (per serve) 1784kJ; 8g fat; 4g sat fat; 25.4g protein; 59.6g carbs; 3.3g fibre; 54mg chol; 166mg sodium. >

1 carrot, halved, sliced diagonally
1 red capsicum, sliced
½ head broccoli, cut into florets
1 tablespoon tamarind purée
1 tablespoon lime juice
2 teaspoons fish sauce
1 tablespoon grated palm sugar
1 tablespoon tomato sauce
1 bunch gai lan, trimmed,
cut into 5cm lengths
300g firm tofu, cubed
2 tablespoons roasted salted
peanuts, chopped
¼ cup fresh Thai basil leaves, torn,
plus extra to serve
¼ cup fresh coriander leaves
1 cup bean sprouts, trimmed
Sliced red chilli, to serve

1 Place chicken in a glass or ceramic bowl. Add garlic and ½ the kecap manis. Toss to coat. Cover. Refrigerate for 4 hours or overnight.
2 Cook pad Thai noodles following packet directions. Drain.
3 Meanwhile, heat 2 teaspoons oil in a wok over high heat. Add egg. Swirl to cover

base of wok. Cook for 1 minute or until just set. Transfer to a board. Roughly chop.
4 Heat remaining oil in wok. Stir-fry chicken, in batches, for 2 to 3 minutes until browned all over and cooked through. Transfer to a bowl.
5 Add onion and carrot to wok. Stir-fry for 2 minutes. Add capsicum and broccoli. Stir-fry for 2 minutes or until starting to char.
6 Combine tamarind, lime juice, fish sauce, sugar, tomato sauce and remaining kecap manis. Add to wok. Stir-fry for 30 seconds. Add gai lan and noodles. Stir-fry for 1 minute or until noodles are heated through. Add tofu, peanuts, basil, coriander, bean sprouts, egg and chicken. Season. Stir-fry for 30 seconds. Serve topped with chilli and extra basil.
NUTRITION: (per serve) 1255kJ; 7.8g fat; 1.5g sat fat; 23.4g protein; 33.7g carbs; 4.6g fibre; 84mg chol; 763mg sodium.

FRIENDS OVER LIGHTEN UP THAI

FRUIT WITH LIME AND
CHILLI DIPPING SALT

THE INFO

+ GLUTEN FREE
+ LOW FAT
+ LOW SATURATED FAT

15

\$2.68
PER SERVE

FRUIT WITH LIME AND CHILLI DIPPING SALT

SERVES 8 PREP 15 MINUTES

1 teaspoon finely grated lime rind
2½ tablespoons sea salt
Large pinch of chilli powder
¼ teaspoon caster sugar
½ pineapple, peeled, cut into long wedges
¼ small watermelon, sliced crossways
2 mangoes, thickly sliced
1 pomelo, peeled, chopped
½ papaya, peeled, chopped
Fresh mint sprigs, to serve

1 Combine lime rind, salt, chilli powder and sugar in a small bowl.

2 Arrange pineapple, watermelon, mango, pomelo and papaya on a plate. Serve with lime and chilli salt and mint sprigs.

NUTRITION: (per serve) 301kJ; 0.3g fat;
0g sat fat; 1.2g protein; 14.9g carbs;
2.7g fibre; 0mg chol; 371mg sodium.

Time plan

1 DAY AHEAD

- * Make Lime Crush to the end of step 2. Store in an airtight container in the fridge.
- * Make Sweet Chilli Dipping Sauce. Store in an airtight container in the fridge.
- * Make 'Moneybag' Meatballs to the end of step 2. Refrigerate in an airtight container.
- * Make Pork Bundles to the end of step 3. Store in an airtight container in the fridge.
- * Make step 1 of Pad Thai.
- * Make step 1 of Spicy Fish Curry. Store in an airtight container in the fridge.
- * Make Green Curry Beef Skewers to the end of step 2.

2 HOURS BEFORE SERVING

- * Prepare vegetables for Pad Thai.
- * Make step 3 of Green Curry Beef Skewers. Refrigerate.

1 HOUR BEFORE SERVING

- * Make Fruit with Lime and Chilli Dipping Salt. Cover. Refrigerate.

JUST BEFORE SERVING

- * Complete Lime Crush.
- * Make Coconut and Peanut Prawns.
- * Complete 'Moneybag' Meatballs.
- * Complete Pork Bundles, reheating pork mixture over medium heat until hot.
- * Complete Pad Thai, Spicy Fish Curry and Green Curry Beef Skewers.

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PEAK FORM



Kim says: Bites or kisses? Marbled mocha or Turkish delight? No matter the form or flavour, you'll have fun whipping up these light and luscious, fun and fanciful meringues

GIANT TURKISH
DELIGHT
MARSHMALLOW
MERINGUES

LITTLE
MERINGUE
KISSES

'SURPRISE
INSIDE' JAFFA
MERINGUE
CONES



MARBLED
MOCHA
MERINGUES



CHOC-DIPPED
MERINGUE
BITES



CHOC-DIPPED
MERINGUE
BITES

THE INFO

\$0.22
EACH



CHOC-DIPPED MERINGUE BITES

MAKES 35

PREP 25 MINUTES (PLUS COOLING AND
STANDING) **COOK** 50 MINUTES

¾ cup caster sugar

3 egg whites

1 teaspoon vanilla extract

Blue, yellow and green food colouring

150g dark chocolate, chopped

**Green, blue and yellow sprinkles,
to decorate**

1 Preheat oven to 200°C/180°C fan-forced. Grease and line 3 large baking trays with baking paper.

2 Sprinkle sugar onto 1 prepared tray. Bake for 5 minutes or until the edge of the sugar just starts to melt. Remove from oven. Reduce oven temperature to 100°C/80°C fan-forced.

3 Using an electric mixer, beat egg whites until soft peaks form. With motor

running, gradually pour sugar into egg white in a slow, steady stream. Continue beating for 5 to 6 minutes or until sugar is dissolved. Add vanilla. Beat to combine. Divide meringue mixture among 3 bowls. Using food colouring, tint 1 portion blue, 1 portion yellow and remaining portion green.

4 Working with 1 portion at a time, spoon mixture into a piping bag fitted with a 1cm fluted nozzle. Pipe mixture (about 4cm in diameter), 2cm apart, onto remaining 2 prepared trays. Repeat with remaining mixtures. Bake for 45 minutes or until just firm to touch. Turn off oven. Cool completely in oven with door closed.

5 Place chocolate in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 to 1½ minutes or until chocolate is melted. Set aside for 10 to 15 minutes to cool.

6 Place a sheet of baking paper onto a board. Place assorted sprinkles into separate bowls. Working with 1 meringue at a time, dip bases into chocolate, then press into sprinkles to coat. Place on baking paper. Stand for 20 minutes or until set. Serve.

NUTRITION: (each) 202kJ; 1.4g fat; 0.9g sat fat; 0.5g protein; 8.4g carbs; 0g fibre; 0mg chol; 6mg sodium.

MARBLED MOCHA MERINGUES

MAKES 8

PREP 15 MINUTES (PLUS COOLING)

COOK 1 HOUR 40 MINUTES

1½ cups caster sugar

1 teaspoon instant espresso coffee powder

1 teaspoon vanilla extract

6 egg whites

3 teaspoons Dutch-processed
cocoa powder

60g milk chocolate, melted, cooled

2 tablespoons skinless hazelnuts,
roughly chopped

**Melted dark chocolate and extra chopped
hazelnuts, to serve**

1 Preheat oven to 200°C/180°C fan-forced. Grease and line 3 large baking trays with baking paper.

2 Sprinkle sugar onto 1 prepared tray. Bake for 8 to 10 minutes or until the edge of the sugar just starts to melt. Remove from oven. Reduce oven temperature to 100°C/80°C fan-forced.

3 Combine coffee powder and vanilla in a small bowl. Stir to dissolve coffee.

4 Using an electric mixer, beat egg whites until soft peaks form. With motor running, gradually pour sugar into egg white in a slow, steady stream. Continue beating for 5 to 6 minutes or until sugar is dissolved. Add coffee mixture and 2 teaspoons cocoa. Beat to combine.

5 Spoon meringue mixture into 8 equal portions (about 9cm in diameter) onto remaining prepared trays. Drizzle with milk chocolate. Run a spatula or back of a spoon around the meringues to marble slightly. Dust with remaining cocoa and sprinkle with hazelnuts. Bake for 1½ hours or until just firm to touch. Turn off oven. Cool completely in oven with door closed. Drizzle meringues with melted chocolate and sprinkle with extra hazelnuts. Serve.

NUTRITION: (each) 973kJ; 4.3g fat; 1.5g sat fat; 3.9g protein; 46.2g carbs; 0.3g fibre; 1mg chol; 48mg sodium. >

MARBLED
MOCHA
MERINGUES

THE INFO

+ LOW SATURATED FAT

\$0.68
EACH



LITTLE
MERINGUE
KISSES

THE INFO

+ GLUTEN FREE
+ LOW FAT
+ LOW SATURATED FAT





'SURPRISE
INSIDE' JAFFA
MERINGUE
CONES

THE INFO

+ KID FRIENDLY
+ SPECIAL OCCASION

\$1.76
EACH



LITTLE MERINGUE KISSES

MAKES 40

PREP 15 MINUTES (PLUS COOLING)

COOK 50 MINUTES

1 cup caster sugar

4 egg whites

1 Preheat oven to 200°C/180°C fan-forced. Grease and line 2 large baking trays with baking paper.

2 Sprinkle sugar onto 1 prepared tray. Bake for 5 to 6 minutes or until the edge of the sugar just starts to melt. Remove from oven. Reduce oven temperature to 100°C/80°C fan-forced.

3 Using an electric mixer, beat egg whites until soft peaks form. With motor running, gradually pour sugar into egg white in a slow, steady stream. Continue beating for 5 to 6 minutes or until sugar is dissolved. Add flavourings (see recipes and Kim's tip below). Beat to combine.

4 Run a skewer dipped into food colouring down the sides of a piping bag fitted with a 1cm plain nozzle to form 6 stripes. Spoon half the meringue mixture into piping bag. Pipe mixture (about 4cm in diameter), 2cm apart, onto remaining prepared tray. Repeat with more food colouring, reapplying stripes in piping bag, and remaining mixture.

5 Bake for 45 minutes or until just firm to touch. Turn off oven. Cool completely in oven with door closed. Serve.

NUTRITION: (each) 94kJ; 0g fat; 0g sat fat; 0.3g protein; 5.5g carbs; 0g fibre; 0mg chol; 5mg sodium.

SALTED CARAMEL TWIST

1 tablespoon caramel spread

Brown gel food colouring

Sea salt flakes

1 Follow steps 1, 2 and 3, adding caramel spread to mixture at the end of step 3.

2 Follow step 4, using brown food colouring. Sprinkle meringues with a little salt. Follow step 5.

FAIRY FLOSS TWIST

1 teaspoon vanilla extract

Pink gel food colouring

Pink coloured sugar

1 Follow steps 1, 2 and 3, adding vanilla to mixture at the end of step 3.

2 Follow step 4, using pink food colouring. Sprinkle meringues with pink sugar. Follow step 5.

LEMON MERINGUE TWIST

1 teaspoon finely grated lemon rind

1 teaspoon lemon juice

Yellow gel food colouring

1 Follow steps 1, 2 and 3, adding lemon rind and juice to mixture at the end of step 3.

2 Follow step 4, using yellow food colouring. Follow step 5.

PEPPERMINT TWIST

¼ teaspoon peppermint essence

Red gel food colouring

1 Follow steps 1, 2 and 3, adding essence to mixture at the end of step 3.

2 Follow step 4, using red food colouring. Follow step 5.

LIME AND COCONUT TWIST

1 teaspoon finely grated lime rind

¼ teaspoon coconut essence

Green gel food colouring

2 teaspoons desiccated coconut

1 Follow steps 1, 2 and 3, adding lime rind and essence to mixture at the end of step 3.

2 Follow step 4, using green food colouring. Sprinkle meringues with coconut. Follow step 5.

GIANT TURKISH DELIGHT MARSHMALLOW MERINGUES

MAKES 8

PREP 15 MINUTES (PLUS COOLING)

COOK 1 HOUR 40 MINUTES

1½ cups caster sugar

6 egg whites

1 teaspoon rosewater essence

Rose pink food colouring

¼ cup roughly chopped pistachio kernels
Icing sugar and **Turkish delight**, to serve

1 Preheat oven to 200°C/180°C fan-forced. Grease and line 3 large baking trays with baking paper.

2 Sprinkle sugar onto 1 prepared tray. Bake for 8 to 10 minutes or until the edge of the sugar just starts to melt. Remove from oven. Reduce oven temperature to 100°C/80°C fan-forced.

3 Using an electric mixer, beat egg whites until soft peaks form. With motor running, gradually pour sugar into egg white in a slow, steady stream. Continue beating for 5 to 6 minutes or until sugar is dissolved. Add rosewater. Beat to combine. Using food colouring, tint mixture a pale pink colour.

4 Spoon meringue mixture into 8 equal portions (about 9cm in diameter) onto remaining prepared trays. Sprinkle with pistachio. Bake for 1½ hours or until just firm to touch. Turn off oven. Cool completely in oven with door closed.

5 Dust meringues with icing sugar. Serve with Turkish delight.

NUTRITION: (each) 806kJ; 2g fat; 0.2g sat fat; 3.4g protein; 41.9g carbs; 0.3g fibre; 0mg chol; 41mg sodium.

Kim says:

Be careful not to overbeat your meringue when adding flavourings and colours. Overbeating will remove the air and your meringue mixture will become runny.



GIANT TURKISH
DELIGHT
MARSHMALLOW
MERINGUES

THE INFO

+ LOW FAT
+ LOW SATURATED FAT\$0.56
EACH'SURPRISE INSIDE' JAFFA
MERINGUE CONES

MAKES 8

PREP 30 MINUTES

(PLUS COOLING AND STANDING)

COOK 55 MINUTES

 $\frac{1}{2}$ cup caster sugar

2 egg whites

1 teaspoon finely grated
orange rind

Orange gel food colouring

100g dark chocolate, chopped

8 mini waffle cones

2 tablespoons orange dollar sprinkles

4 x 18g love notes candy rolls

 $\frac{1}{4}$ cup mini fruits candy (see Kim's tip) $\frac{1}{2}$ x 200g packet Jaffas

Jaffa Ganache

100g dark chocolate, chopped

2 tablespoons pure cream

1 tablespoon orange juice

1 Preheat oven to 200°C/180°C fan-forced. Grease and line 2 large baking trays with baking paper.

2 Sprinkle sugar onto 1 prepared tray. Bake for 4 to 5 minutes or until the edge of the sugar just starts to melt. Remove from oven. Reduce oven temperature to 100°C/80°C fan-forced.

3 Using an electric mixer, beat egg whites until soft peaks form. With motor running, gradually pour sugar into egg white in a slow, steady stream. Continue beating for 5 to 6 minutes or until sugar is dissolved. Add orange rind. Beat to combine.

4 Run a skewer dipped into orange food colouring down the sides of a piping bag fitted with a 1cm fluted nozzle to form 4 stripes. Spoon half the meringue mixture into piping bag. Pipe 8 meringues (about 5cm in diameter), 2cm apart, onto 1 prepared tray. Repeat with more food colouring, reapplying stripes in piping bag, and remaining mixture, to make 16 meringues in total. Bake for 45 minutes or until just firm to touch. Turn off oven. Cool completely in oven with door closed.

5 Meanwhile, make Jaffa Ganache

Place chocolate and cream in a small microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 to 1½ minutes or until melted and combined. Stir in orange juice. Set aside for 30 minutes to thicken.

6 Meanwhile, place chocolate in a small microwave-safe bowl. Microwave on HIGH (100%), stirring every 30 seconds with a metal spoon, for 1 to 1½ minutes or until

melted. Stand for 10 minutes to cool.

Dip the top of each waffle cone into chocolate. Using the back of a spoon, spread chocolate about 1cm down the inside and outside edge of each cone. Decorate chocolate with orange sprinkles. Stand cones upright in glasses. Set aside for 20 minutes or until chocolate is set.

7 Sandwich meringues together with 2 teaspoons of ganache. Stand for 10 minutes to set. Fill ice-cream cones with love notes candy, mini fruit candy and Jaffas. Using a little melted chocolate, secure meringues to cones to form 'ice-cream'. Stand for 20 minutes or until set. Serve.

NUTRITION: (each) 1660kJ; 13.2g fat; 9g sat fat; 3.6g protein; 65.9g carbs; 0.2g fibre; 6mg chol; 70mg sodium ■

'SURPRISE
INSIDE' JAFFA
MERINGUE
CONES

THE INFO

\$1.76
PER SERVE

Kim says:

+ You can find mini fruits candy at IGA supermarkets.

+ Did you know the weather can affect how your meringues cook? For lots of hints and tips at making perfect meringues, check out Test Kitchen on page 10.



EGG-FREE MERINGUES



Claire says: These meringues are made from the liquid in a can of chickpeas (I know, right?), but are as sweet and crunchy as the real thing

EGG-FREE MERINGUE STACKS

MAKES 6

PREP 20 MINUTES (PLUS COOLING)

COOK 2 HOURS

400g can chickpeas

½ teaspoon cream of tartar

½ teaspoon white vinegar

1 cup icing sugar mixture, sifted

1 teaspoon vanilla extract

300ml thickened cream

Mixed Berries in Passionfruit Syrup

¼ cup caster sugar

2 passionfruit

125g fresh blueberries

250g fresh strawberries, hulled, sliced

1 Preheat oven to 120°C/100°C fan-forced.

Cut 2 x 30cm lengths of baking paper. Using a pencil and an 8cm round cutter as a guide, mark 6 circles, 4cm apart, on each piece of baking paper. Line 2 large baking trays with the baking paper, marked-side down.

2 Drain chickpeas over a bowl to reserve the liquid (you'll need ⅔ cup liquid). Transfer chickpeas to an airtight container and store in the fridge for another use.

3 Using an electric mixer, beat chickpea liquid for 5 minutes or until mixture is white and foamy and soft peaks form. Add cream of tartar and vinegar. Beat until combined. Gradually beat in sifted

icing sugar, 1 tablespoon at a time, until stiff, glossy peaks form. Beat in vanilla.

4 Spoon half the mixture into a piping bag fitted with a 1cm fluted nozzle. Using the marked circles as a guide, pipe mixture onto 1 prepared tray in a circular motion to form discs. Repeat process to form a second layer on top. Using the back of a teaspoon, smooth tops. Repeat with remaining mixture and prepared tray.

5 Bake meringues for 2 hours or until just firm to touch. Turn off oven. Cool for 30 minutes in oven with door closed. Cool completely in oven with door ajar.

6 Meanwhile, make Mixed Berries in Passionfruit Syrup Place sugar, passionfruit and ¼ cup water in a small saucepan over medium-high heat. Cook, stirring, for 2 minutes or until sugar is dissolved. Bring to the boil. Reduce heat to low. Simmer for 5 minutes or until thickened slightly. Add blueberries and strawberries. Simmer for 1 minute. Remove from heat. Cool.

7 Using an electric mixer, beat cream until soft peaks form. Spread half the meringue nests with cream. Top with half the berry mixture. Sandwich with remaining meringue nests. Dollop with remaining cream and top with remaining berry mixture. Serve immediately.

NUTRITION: (each) 1355kJ; 18.7g fat; 11.9g sat fat; 2.1g protein; 37.7g carbs; 2.1g fibre; 53mg chol; 90mg sodium. ■





EGG-FREE
MERINGUE STACKS

THE INFO

+ CLASSIC MAKEOVER

\$2.11
PER SERVE



CUTE AS!



Emma says: I've given triangle sangas a surprise twist to make your next afternoon tea at Nanna's or kids' party a whole lot sweeter and lots more fun!

TRIANGLE SANDWICH CAKES

MAKES 24 SANDWICHES

PREP 1 HOUR

COOK 1 HOUR 15 MINUTES

2 x 440g packets golden butter cake mix
(with icing sachet)

100g white chocolate melts

Lemon yellow gel food colouring

24 round green jubes, thinly sliced

8 strawberries, hulled, thinly sliced

2 banana lollies, finely chopped

2 tablespoons chocolate-hazelnut spread

Buttercream

125g butter, softened

2 teaspoons milk

½ teaspoon vanilla extract

1 Preheat oven to 180°C/160°C fan-forced.

Grease a 7cm-deep, 11cm x 21cm loaf pan. Line base and sides with 2 layers of baking paper, extending 5cm above edges (see Emma's tips).

2 Reserve icing sachets from cake mixes.

Prepare cakes following packet directions. Pour into prepared pan. Carefully place pan on a baking tray. Bake for 1 hour 15 minutes or until a skewer inserted into the centre of cake comes out clean. Stand in pan for 5 minutes. Turn, top-side up, onto a baking paper-lined wire rack to cool.

3 Meanwhile, place a 20cm-long sheet of baking paper onto a flat surface. Melt white chocolate melts in a small heatproof bowl over a saucepan of simmering water (make sure the bottom of bowl doesn't touch the water). Using food colouring, tint chocolate bright yellow. Spread chocolate onto baking paper to form a 16cm square. Stand for 30 minutes to set. Using a hot knife, cut chocolate into 4 x 8cm squares. Cut each square into 4 triangles to form cheese slices.

4 Make Buttercream Using an electric mixer, beat butter for 8 to 10 minutes or until

light and fluffy. Gradually add reserved icing sachets, beating until well combined. Add milk and vanilla. Beat until combined.

5 Trim and discard 4cm off both short ends of cake. Cut cake into 12 x 1cm-thick slices. Trim each slice to form an 8cm-square piece. Cut each square into 4 triangles to form bread pieces. Spread 1 side of each bread piece with buttercream.

6 To make Tomato, Lettuce and Cheese

Sandwiches Place 8 bread pieces onto a board, buttercream-side up. Arrange 3 jube slices on top. Top with a cheese slice and strawberry slices. Sandwich with 8 bread pieces, buttercream-side down.

7 To make 'Egg and Lettuce' Sandwiches

Place 8 bread pieces onto a board, buttercream-side up. Sprinkle with chopped banana lollies. Arrange remaining jube slices on top. Sandwich with 8 bread pieces, buttercream-side down.

8 To make 'Vegemite and Cheese'

Sandwiches Place 8 bread pieces onto a board, buttercream-side up. Spread 1 teaspoon of chocolate-hazelnut spread onto each piece. Top with a cheese slice. Sandwich with 8 bread pieces, buttercream-side down.

9 Arrange sandwiches on a serving platter. Serve. ■

'EGG AND LETTUCE' SANDWICHES



Emma says:

+ You'll need a loaf pan that has a 1cm lip around the top edge as the cake batter almost fills the pan and may spill over slightly during cooking.

+ For rye or wholemeal 'bread', add 2 tablespoons sifted cocoa powder to the cake mixture before baking.

TRIANGLE SANDWICH
CAKES

THE INFO

+ KID FRIENDLY
+ SPECIAL OCCASION

\$0.45
EACH





CAKE TIME!



Emma says: Pounce onto this Fergus the Fox Cake for your next kids' birthday party and you'll be the smartest vixen in the pack



FERGUS THE FOX CAKE

SERVES 30

PREP 2 HOURS (PLUS COOLING)

COOK 1 HOUR

YOU'LL NEED A 40CM CAKE BOARD OR PLATE.

3 x 440g packets golden butter cake mix (with icing sachets)

400g Toblerone chocolate bar

2 Mini Oreo cookies

2 brown M&M's Minis

1 Oreo cookie

Buttercream Icing

500g unsalted butter, softened

3¼ cups icing sugar mixture (see

Emma's tip)

2 tablespoons milk

White icing colouring (optional)

Copper and orange gel food colourings

1 Preheat oven to 180°C/160°C fan-forced.

Grease a 7cm-deep, 15cm round cake pan

and a 7cm-deep, 20cm round cake pan.

Double line bases and sides with baking paper, extending paper 5cm above edges of pans.

2 Reserve icing sachets from cake mixes.

Prepare cake mixes following packet directions. Pour mixture into prepared 20cm pan until half full. Pour remaining mixture into remaining prepared pan (mixture will come up almost to the top of 15cm round pan). Bake 15cm pan for 55 minutes or until a skewer inserted into the centre of cake comes out clean. Bake 20cm pan for 1 hour or until a skewer inserted into the centre of cake comes out clean. Stand cakes in pans for 10 minutes. Turn, top-side up, onto wire racks lined with baking paper. Cool completely.

3 Meanwhile, make Buttercream Icing

Using an electric mixer, beat butter for 8 to 10 minutes or until light and fluffy. Gradually add reserved icing sachets and icing sugar, beating until well combined. Add milk. Beat until combined. Divide icing between

2 bowls. Add enough white colouring to 1 portion, if using, to make icing white. Tint remaining portion orange with copper and orange food colouring.

4 Using a serrated knife, level tops of cakes.

Place fox head template (see Emma's tips) on 15cm cake. Secure with toothpicks. Cut around template to form head. Discard scraps. Place fox body template on 20cm cake. Secure with toothpicks. Cut around template to form body. Reserve scraps. Using tail template as a guide, trim reserved cake scraps to form a tail. Using the picture as a guide, arrange head, body and tail on a cake board or serving plate.

5 Spread top and side of cake with white icing. Break Toblerone bar into 2 x 4 triangle strips. Reserve remaining Toblerone for another use. Using the picture as a guide, place Toblerone pieces above head to form ears (use cake scraps underneath to make them sit flat, if necessary). Spoon orange icing into a piping bag fitted with a 'grass' nozzle. Using the pic as a guide, pipe icing onto cake and ears to form fur. Spoon remaining white icing into a clean piping bag fitted with the 'grass' nozzle. Pipe icing onto end of tail to form fur.

6 Using a small, sharp knife split Mini Oreos leaving icing attached to 1 cookie half. Discard un-iced cookies. Using the picture as a guide, place Mini Oreo pieces on head, icing-side up, to form eyes. Using a little icing, attach M&M's Minis to icing to form pupils. Position Oreo cookie on head to form a nose. Serve. ■



Emma says:

+ If using cake mixes without icing sachets, you'll need an extra 2¼ cups of icing sugar mixture.

+ Find the Fergus the Fox Cake template at www.superfoodideas.com.au.



FERGUS THE
FOX CAKE

THE INFO

+ KID FRIENDLY
+ SPECIAL OCCASION

\$0.58
PER SERVE





RECIPE recollections

There is nothing half so much worth doing as messing about in boats, and our editorial coordinator Michael has vivid memories of doing just that with his grandfather Peter – who would cook these from the day's catch...

Fishing trips with Peter, my grandfather, are among my most treasured memories. Ever since my brothers and I were very young, a trip to Hobart wouldn't be complete without getting out on the Derwent River. Loaded with borrowed jumpers, old rods and lovingly made sandwiches, we'd stay out all day, coming back with windburn and crusted in a layer of salt. I will never forget how proud I was when I once pulled in my line to find a small gummy shark on the end! Of course we let it go. After a day spent laughing as a family and hauling in fish, nothing could beat the taste of my grandfather's fish cakes.'

Michael Askey-Doran, Peter's grandson

CLOCKWISE FROM TOP: FOUR GENERATIONS OF ASKEY-DORANS (FROM LEFT): MY GRANDFATHER PETER, MY DAD SIMON HOLDING MY OLDER BROTHER BRENDAN, AND MY GREAT GRANDAD ERIC; PETER, ME AND BRENDAN ON THE BOAT; PETER'S BROTHER PHIL, PETER AND ERIC.

PETER'S FISH CAKES

SERVES 4 (MAKES 16)

PREP 20 MINUTES (PLUS 15 MINUTES REFRIGERATION) **COOK** 35 MINUTES

600g sebago potatoes, peeled, chopped
20g butter
500g firm boneless white fish fillets, skin on
3 green onions, finely chopped
2 teaspoons chopped fresh tarragon
2 tablespoons chopped fresh flat-leaf parsley
1 egg, lightly beaten
1½ cups plain flour
2 cups fresh breadcrumbs
Olive oil, for shallow-frying
½ cup tartare sauce
Baby rocket and lemon wedges, to serve

1 Place potato in a large saucepan of water. Bring to the boil over high heat. Boil for 8 to 10 minutes or until tender. Drain well. Return to pan over low heat. Add butter. Mash until smooth. Remove from heat. Season with salt and pepper. Transfer to a heatproof bowl. Set aside to cool.

2 Meanwhile, place fish in a deep frying pan. Cover with cold water. Season with salt and pepper. Cover pan. Place over

medium heat. Bring to a simmer. Remove from heat. Stand for 1 minute.

3 Carefully transfer fish to a board. Remove and discard skin. Flake fish into pieces.

4 Add onion, tarragon, parsley, egg and flour to potato mixture. Stir to combine. Add fish. Fold to combine. Using ¼ cup mixture at a time, shape into 16 patties. Coat in breadcrumbs. Refrigerate for 15 minutes.

5 Pour enough oil into a frying pan to come 1 to 2cm up side of pan. Heat over medium-high heat. Cook fish cakes, in batches, for 3 to 4 minutes each side or until golden all over and heated through. Drain on a paper towel-lined plate. Serve fish cakes with tartare sauce, baby rocket and lemon wedges.

NUTRITION: (per serve) 3052kJ; 38.8g fat; 6.9g sat fat; 37g protein; 53.5g carbs; 5.6g fibre; 131mg chol; 756mg sodium. ■

Cook's note:

Cooking fish with the skin on stops it from breaking up when simmering. We used ling, but you could use blue eye or snapper.



PETER'S FISH
CAKES

THE INFO

\$3.70
PER SERVE

2.5
VEGIES PER
SERVE



SUPER SHELF

Check out these great products in shops and supermarkets.



Brownie points

Treat yourself to a little indulgence at home with The Little Brownie Company Triple Choc Fudge brownie mix, \$6.50. With real chunks of milk, white and dark chocolate, they're deliciously rich and gooey inside, and still crisp up beautifully on the outside! You can find the range at Coles and Woolworths.



Keep it fresh

Due to popular demand, Glad ClingWrap has put the cutter bar back on the base of the pack! Not only that, but the box is stronger and the wrap's 'cling' has been improved by 50 per cent. Now your go-to plastic wrap is even easier to use! Find it at Coles and Woolworths.



Quicker chicken

Check out Steggles Just Eat It range, \$5.99, of sliced oven-roasted chicken and turkey breast. It's so convenient you can 'just eat it' straight from the pack as a snack or use it in a salad or wrap. They're also great added to an omelette or a pizza topping. Available at Woolworths in the dairy aisle.



Natural boost

Blooms Cholesterol Balance Beta-Glucan Powder (200g and 400g) contains 700% more beta-glucan than plain oats, giving you quality beta-glucan in a convenient powder. It is easily soluble and free from additives, sugar, dairy, lactose, egg and preservatives. Look out for it in pharmacies.



Good for you

In line with the latest trends, Food for Health have just launched Coconut, and Vanilla Blueberry muesli bars, \$6.99 for six. While they have no added cane sugar, gluten, wheat or dairy, they're absolutely packed with chia, quinoa, cacao, coconut and blueberries. Find them in the health food aisle at Woolworths.



Spot on

Tefal non-stick titanium cookware is also known for its signature Thermo-Spot. The innovative heat indicator changes colour when your pan is preheated and ready to start cooking – taking the guesswork out of when to add ingredients. Visit tefal.com.au for more information.



Wholesome grains

Each meal in the new Lean Cuisine Steam Whole Grains range, \$6.69, provides a hearty portion of meat, two serves of vegetables and nutritious wholegrains such as quinoa and wild rice. They're 97 per cent fat free and have no artificial preservatives, colours or flavours. Find them in Coles and Woolworths.



Essential ingredient

The BRITA 3-Way filter tap has one lever for filtered water and another for regular hot and cold. While filtered water is refreshing to drink because impurities are removed, it can also help to improve flavours when cooking. Find it at Harvey Norman, and for more information visit betterwithbrita.com.



More cheese, please

Made in traditional French style and drawing on over 75 years of expertise, Président Camembert, \$10.99 for 200g, has a soft creamy centre with a mild flavour that becomes bolder, richer and creamier as it ages. Also available in 100g for \$5.79, you can find it at Coles and Woolworths.

Our Family of Love

Personalised Birthstone Ring

A GIFT
SHE'LL
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The "Our Family of Love" Personalised Birthstone Ring is an exclusive design exquisitely hand-crafted in sterling silver. Every ring features a unique branch motif crafted in a style that is individually customised to represent your own family tree! Each family member's cubic zirconia birthstone sparkles next to a shimmering sterling silver "leaf" that is elegantly engraved with his or her name. It's a beautiful way to express the love that family brings to your heart!

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This exclusive ring is an exceptional value at \$179.95, payable in five interest-free instalments of \$35.99, plus \$19.99 postage and handling and backed by our 120-day guarantee. The ring is available in whole and half sizes from 5-12 and arrives in a deluxe presentation case along with a Certificate of Authenticity. To reserve, send no money now; just mail the coupon. This gorgeous personalised ring is *only available from The Bradford Exchange*. So don't miss out, just return the coupon or go online today!

ENGRAVED
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WITH YOUR
FAMILY'S NAMES



*Delicate clear crystals scattered among the birthstones add more dazzling sparkle.
(This ring style for 4-5 names—shown here with 4)*

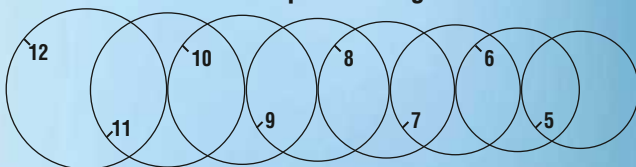


*Sterling Silver with
Personalised Engraving
and Birthstones*



Place one of her own rings on the chart, and match a circle with the inside of your ring (a simple band works best for accurate measuring). A half size is indicated when your ring falls between two of the circles. Write her size in the coupon (below).

Find her perfect ring size



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Promptly**

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names (actual size)*

PAY NOTHING NOW

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Surname: _____
Address: _____
Postcode: _____
Phone: (optional) _____
Email: (optional) _____

Please **select** ☒ your preferred reservation option:

1. ☐ **MAIL** no stamp required, to:
**The Bradford Exchange, Reply Paid 86369
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2. ☐ **PHONE:** Toll-Free 1300 725 103
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**Print name in block letters. Limit of 7 total names
(max. 8 characters) and corresponding birth month below.**

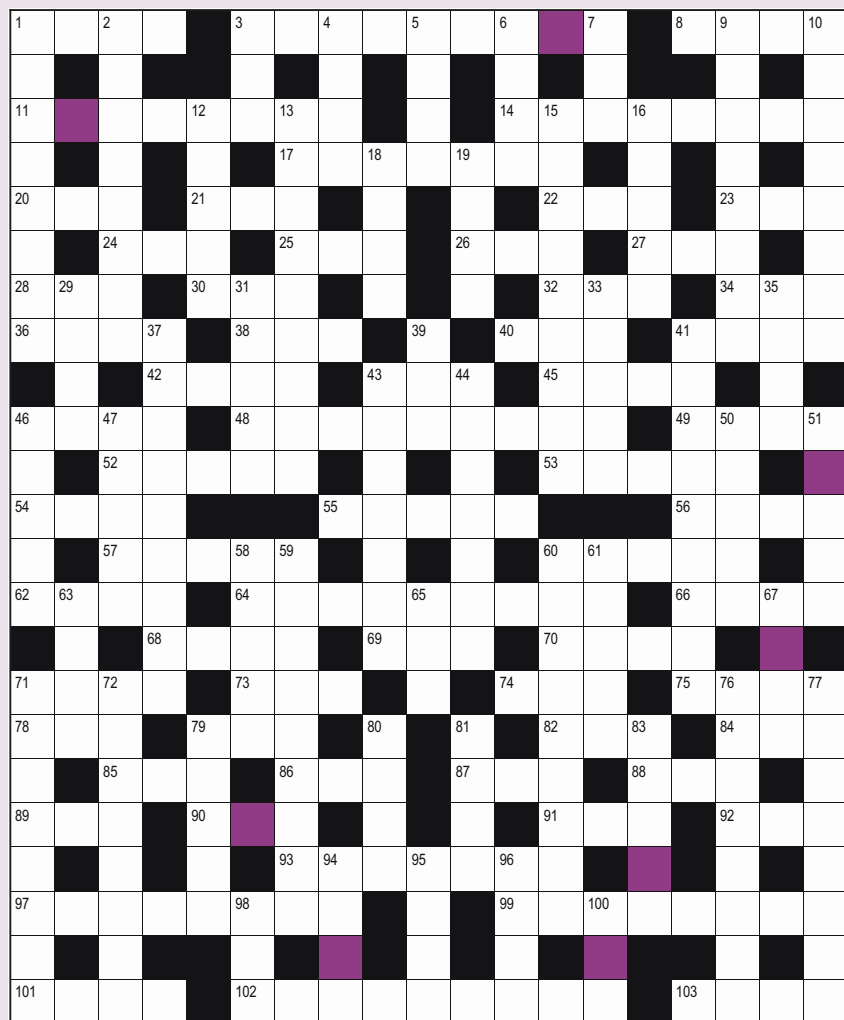
Name to engrave	Birth Month

**My ring
size is:**

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PUZZLES

CROSSWORD WHEN THE CROSSWORD IS COMPLETE, THE COLOURED BOXES SPELL OUT A MYSTERY WORD.



ACROSS

- 1 Cured joints of pork
- 3 Wired messages
- 8 The ... Duckling
- 11 Glow
- 14 Leaflet
- 17 Took in (orphan)
- 20 Respectful address
- 21 Cauldron
- 22 By that route
- 23 Much ... About Nothing
- 24 Everyone
- 25 Cravat
- 26 Cow call
- 27 Public house
- 28 Play (the fool)
- 30 Conger or moray
- 32 Tin
- 34 Reminder
- 36 Necessity
- 38 Race (motor)
- 40 Sweet fruit spread
- 41 Sell
- 42 To ... it may concern
- 43 Dawn moisture
- 45 Brass instrument
- 46 Otherwise, or ...
- 48 Gives responsibility to subordinate
- 49 Moggies
- 52 Bygone (days)
- 53 Exclude
- 54 Mound
- 55 Bungle
- 56 Three-piece group
- 57 Aircraft gangway
- 60 FM receiver
- 62 Cob cereal
- 64 Made more entertaining
- 66 Was in debt to
- 68 Incite
- 69 Deep-sea fish
- 70 Agony
- 71 High cards
- 73 Child
- 74 Hard-drive glitch
- 75 Cumberbund
- 78 The birds & the bees
- 79 Recent
- 82 Precious stone
- 84 Bread grain
- 85 Overly
- 86 Yoga floor pad
- 87 Pale-faced
- 88 Goal
- 89 Drink, dry ginger ...
- 90 Raw metal

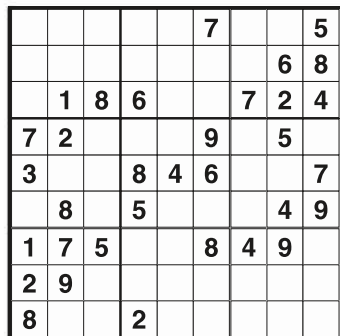
DOWN

- 91 Some
- 92 Dice
- 93 Male journalist
- 97 Spike heel
- 99 Study the night sky
- 101 Average
- 102 Owned
- 103 Eye membrane
- 1 Shepherd
- 2 Temperate
- 3 Decimal base
- 4 Told whoppers
- 5 Breathe sharply
- 6 Dull throb
- 7 Moral crime
- 9 Advice
- 10 Discoloured (paper)
- 12 Abundant
- 13 Beef farmers
- 15 Recommended
- 16 Sink outlet pipe
- 18 Plough-pullers
- 19 Domesticate
- 29 Honeycomb segment
- 31 Wear away
- 33 Cause laughter
- 35 Module
- 37 Homes
- 39 Clothes clip
- 41 Holidays
- 43 Devilish
- 44 Looked at
- 46 Job attitude, work ...
- 47 Sun-powered energy
- 50 Direction indicator
- 51 Chide
- 58 Rental agreement
- 59 Bequest
- 60 Repulsive
- 61 Wise saying
- 63 Formerly
- 65 Oath
- 67 Effortless
- 71 Hired gun
- 72 Outer surface
- 76 Lounge seat
- 77 Pagans
- 79 Lariat
- 80 Stash
- 81 Do breaststroke
- 83 Town boss
- 94 Immense periods
- 95 Fully satisfy
- 96 Inquires
- 98 Peak
- 100 Help

SOLUTION:

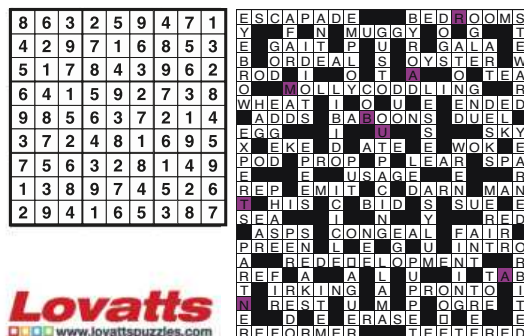
SUDOKU

Every number from 1 to 9 must appear in a square in every row, column and 3 x 3 box.



AUGUST ISSUE'S SOLUTIONS

Issue 172, Sudoku (below left)
Issue 172, Crossword (below right):
Rambutan



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THE HUNGRY
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WHO YOU'D THINK



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